



英漢漢英 武術常用詞滙

ENGLISH—CHINESE
&
CHINESE—ENGLISH
WUSHU
GLOSSARY

● 解守德 李文英 編譯

● 人民體育出版社

英汉汉英武术常用词汇

English-Chinese Chinese- English Wushu Glossary

解守德 李文英 编译

*Compiled and Translated by
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序

我向中外武术爱好者推荐这本《英汉、汉英武术常用词汇》，并向两位年轻的编辑解守德、李文英的辛勤劳作致以谢意。

翻一翻中外文化交流的史籍，甚少看到武术交流的记载，至于有关武术的中外文对照辞书，就更难找到了。今天，在武术走向世界的热浪中，我们能够看到一本《英汉、汉英武术常用词汇》，实属难能可贵，令人欣喜。尽管这本《词汇》尚有诸多未尽之处，但它毕竟会给中外武术家和习武者带来方便。可以说，在中外武术交流的历史长河中，这本书又架起了一座缩短距离的桥梁。

当今世界正处在一个炽热的文化交流和信息传递的潮流中，学习外国语热席卷全球。不用说这是十分需要各种门类的辞书，特别是不同语言对照的专业辞书的。武术源于中国，属于世界，目前正在国际化的大道上奋进。在这个时候，迫切需要各种语言的武术图书和中外文对照的武术专用词语辞书问世，以供中外武术推广者和武术爱好者所用。这本《词汇》就是雪中送炭的应时书。希望中外武术界朋友喜用它，并提出宝贵的增删修订意见，以使此书日臻完善。

说到这里，我还愿向读者朋友介绍这本书的两位编译者。解守德、李文英是北京体育学院专攻武术的毕业生，已从事武术编辑工作数年。他们出于传播武术种子的强烈责任

感，在繁忙的编辑工作之余，搜集大量武术词汇资料，进行汉英语的对照编译，应当说，其志可贵，其行可赞！我衷心祝愿在武术国际化的进程中，中外习武者都能谙悉武术的基本词汇，尤其希望中国武术工作者和教练员、裁判员、运动员学习有关的外国语言，以利武术的教习和推广。我也决心作为武术界学习外语队伍中的一员，同大家一道为武术走向世界，为国际文化的交流尽一分力，发一束光。

中国武术协会主席
中国武术研究院院长

徐才

一九八八年十二月

Preface

I am very happy to recommend "A Common English-Chinese Chinese-English Wushu (Martial Arts) Glossary" to Chinese and foreign Wushu (martial arts) enthusiasts. At the same time, I would like to extend my gratitude to the two young authors, Xie Shoude and Li Wenying, for their conscientious efforts.

Very few accounts are to be found in historical records concerning the exchange of Wushu in Sino-foreign cultural interflow. It is therefore naturally somewhat difficult to find English-Chinese or Chinese-English bilingual books on Wushu.

Today, when more and more Chinese and foreigners are showing a greater and greater interest in Wushu, the appearance of such a glossary is truly exciting. Although not free of imperfections, this dictionary will certainly bring a great deal of convenience to Wushu experts and practitioners both at home and abroad. It might be said that this book is a bridge spanning the wide river which has flown through history between China's Wushu and the rest of the world.

In this contemporary world of frequent cultural inter-

flow and message transmission, a wave of foreign language study is sweeping across the globe. Books and dictionaries of different kinds now find a greater market, especially those polyglot dictionaries concerning different specialities.

Wushu has its roots in China but belongs to the world. As China opens its doors wider and wider, Wushu is becoming more and more well-known. We are therefore presented with an urgent need of books and dictionaries on Wushu in various languages in order that Chinese and foreign Wushu enthusiasts are able to correctly convey their thoughts.

"A Common English-Chinese Chinese-English Wushu Glossary", I believe, serves this purpose well and would definitely be the number one choice for teaching and studying Wushu. Suggestions of the reader for additions, deletions or revisions of the glossary would be very helpful as well as sincerely appreciated.

I would also like to include something more about this book's two authors — Xie Shoude and Li Wenying. Both are graduates of the Beijing Institute of Physical Culture where they specialized in Wushu. Since, they have done much editing work in the field of Wushu. Out of the strong sense of responsibility to introduce Wushu to Chinese and foreign friends, these two have worked hand in hand, selecting a vast amount of Wushu vocabulary materials in their spare time. They translated and edited

the material from both English to Chinese as well as from Chinese to English. It should be said that their ideals are lofty and their diligence praiseworthy.

I wholeheartedly hope that this glossary will be of help to Chinese and foreign Wushu enthusiasts in mastering the essential vocabulary of Wushu, and I especially hope that Chinese Wushu coaches, judges, referees and athletes study foreign languages in order to assist the teaching, study and popularization of Wushu. I, personally, have decided to join those of China's Wushu circle who study foreign language and will do my best in the popularization of Wushu among its enthusiasts throughout the world.

Xu Cai

Chairman of the Preparatory Committee for the International Wushu (Martial Arts) Federation;

Chairman of the Asian Wushu Federation;

Chairman of the Chinese Wushu Association;

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December 1988

前 言

当今世界许多国家和地区的朋友，对中华民族的文化瑰宝——武术的兴趣越来越浓，形势十分喜人。

就近几年的情况看，武术正以腾飞的速度向世界发展。1985年，我国在西安举办了第一届国际武术邀请赛，参赛者有18个国家和地区的代表队，同时成立了国际武术联合会筹备委员会。1986年在天津，我国举办了第二届国际武术邀请赛，参赛队增至27个国家和地区；同月，欧洲武术联合会成立，并举行了第一届欧洲武术锦标赛。1987年9月，在日本横滨举行了第一届亚洲武术锦标赛，11个国家和地区的10个代表队参加了角逐；同时成立了亚洲武术联合会。这些都说明了武术正蓬勃地走向世界。

然而，在武术走向世界的进程中，由于武术所具有的中国“土特产”的特性，使外国人很难理解，而国内的翻译工作者们又苦于没有一本武术术语翻译的工具参考书。显然，这一状况已不适应武术飞速发展的需要。为填补这一空白，我们特编译了这本《英汉·汉英武术常用词汇》（简称《词汇》），目的是为国内外武术爱好者提供阅读和翻译武术图书的参考。

本《词汇》的一部分取材于目前国内外一些有关武术的英文书刊，如：中国武术研究院编写的推广教材《武术》，《1986年国际武术教练员训练班教材》，中国武术协会编写的

《1987年国际武术裁判员训练班教材》，以及香港地区和外国出版的《中国功夫训练法》、《自卫术》、《太极拳》、《黑带》(Black Belt)、《功夫》(Inside Kung-Fu) 等。由于理解的差异，许多术语出现了多种译法，因此，我们将那些离意较远的词汇进行了筛选。另一部分则根据我们和国外武林朋友交流以及武术英语教学经验而翻译的。目前共编译了常用词、词组和短语三千多条。

编译时分两种形式：一种是音译，一种是意译。一般姓氏（如：查拳Zha Style Boxing），地名（如：少林拳Shaolin Boxing），人体穴位或英语没有相对应的词（如：太极Taiji）用音译。

本书内容分为：一般词汇，拳术，器械，对练，对抗项目，教学训练，常用人体部位，经络及穴位名称，其它，共九类。为了便于记忆，汉英部分根据分类按英语字母顺序排列。英汉部分只按英语字母顺序排列。每个词、词组和短语后面注有国际音标；未注国际音标，且有“ ”引号者则为汉语拼音。

本《词汇》在编译过程中，得到了加拿大武友费华伦先生(Mr. Warren Fischer)的热情帮助，并审阅了全部词汇，在此，特致衷心的感谢。

《词汇》的编译过程，也是我们研究、探索的过程。既然是探索，谬误之处在所难免，因此，我们恳切地希望国内外读者不吝指正。

解守德

李文英

Foreword

In today's world, more and more foreign friends are taking greater interest in Wushu, China's cultural gem. During recent years, Wushu has been developing around the globe at flying speed. In 1985, eighteen Wushu teams from other countries and regions participated in the First International Wushu Invitational Tournament in Xi'an, China. At the same time, the Preparatory Committee for the International Wushu Federation was founded. In 1986, the Second International Wushu Invitational Tournament was held in Tianjin, China, the teams involved in this event adding up to twenty seven countries and regions. During the same month, the European Wushu Federation was established, and the First European Wushu Championships were held. In September of last year, the Asian Wushu Federation was established, and the First Asian Wushu Championships held in Yokohama, Japan. Ten teams from eleven countries and regions attended the competition. Wushu is truly developing on a world-wide scale in leaps and bounds.

During the course of development of wushu, however, those characteristics which make Chinese Wushu

somewhat of a "special, local product" also make it very difficult for foreigners to understand what Wushu actually is, as well as causing difficulty for interpreters at home in translating Wushu terms. Lack of a reference book on Wushu is a hindrance to its continued rapid development.

In order to fill this blank, we have translated and compiled the "English-Chinese Chinese-English Wushu Glossary". This glossary is meant as a reference guide for Wushu enthusiasts as well as for translating purposes both at home and abroad.

One part of this Wushu Glossary has drawn its material from wushu books and magazines in English published at home, such as "Wushu" (teaching material), "International Wushu Instructors Seminar Course, 1986", "International Wushu Judges Seminar Course, the year 1987", edited by the Chinese Wushu Association and the Chinese Wushu Research Institute, as well as from those published in Hong Kong and abroad, such as "Chinese Kung-Fu Training Methods", "Self-defence", "Taiji Quan", "Black Belt" and "Inside Kung-Fu". Many terms have already been interpreted and translated in different ways, therefore, during our compilation, only those terms with the most accurate meaning were selected.

The remaining terms have been translated through interchange between us and foreign friends during our

experience teaching Wushu in English. The terms of the Glossary include single words, word groups and short phrases and total more than 3,000 entries.

Terms were translated in two ways:

1) According to Chinese romanization (Mandarin), which includes family names (查拳, "Zha Quan" or "Zha" Style Boxing), place names (少林拳, "Shaolin" Boxing), acupuncture points (百会, "baihui") and those terms which have no corresponding concept in English (太极, "Taiji")

2) According to meaning. For example: "Zhengtitui (正踢腿)" is translated as Front Kick.

The contents of the Glossary include general words, boxing names and terms, Wushu weapon terms, set sparring terms, free-fighting event terms, training and teaching terms, competition terms, names of parts of the body, names of acupuncture channels and acupoints in common use. The Chinese-English section of the glossary is arranged in alphabetical order according to the above categories. The English-Chinese section is simply arranged in alphabetical order. After each term are given the international phonetic symbols. Words and phrases which are not followed by the international phonetic symbols but have the " " marks are Chinese romanization (Mandarin).

We would like to extend our thanks to Mr. Warren

Fischer, our Wushu friend from Canada, who gave us a great deal of help in proofreading the Glossary during our compiling and translating process.

The process of compilation of the Glossary is also a process of study and research on our part. We are certain that the Glossary is not free of faults, therefore, we sincerely hope to receive comments and suggestions from our readers in order that it may be improved to meet the growing needs of the worldwide advancement of Wushu.

Xie Shoude

Li Wenying

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英汉武术常用词汇

**English-Chinese
Wushu Glossary**

A

abdomen [ˈæbdəmen] 腹(部)

abdominal breathing [æbˈdəmɪnəl ˈbriːðɪŋ] 腹式呼吸法

ability [əˈbɪlɪti] 功, 能力

abruptly [əbˈrʌptli] 突然, 出其不意

abstention [æbˈstenʃən] 弃权

accurate and clear [ˈækjʊrɪt ænd kliə] 清晰准确

accumulated softness becomes hardness

[əˈkju:mjʊleɪtɪd ˈsɒftnɪs bɪˈkʌmz ˈhɑːdnɪs] 积柔成刚

accurate and quick [ˈækjʊrɪt ænd kwɪk] 快速准确

achieve maximum result with minimum effort

[əˈtʃiːv ˈmæksɪmən rɪˈzʌlt wɪð ˈmɪnɪmən ˈefət] 以小制大

action-in-the-air [ˈækʃən-ɪn-ðiː-ɛə] 空中动作

active and diverse [ˈæktɪv ænd daɪˈvəːs] 灵活多变

actual combat [ˈæktʃʊəl ˈkɒmbət] 实战

acupuncture points [ˈækjupʌŋktʃə poɪnts] 俞穴

additional movement [əˈdɪʃənəl ˈmuːvmənt] 附加动作

additional support [əˈdɪʃənəl səˈpɔːt] 附加支撑

adjust one's position [əˈdʒʌst wʌnz pəˈzɪʃən] 调整姿势

admonition [ˌædməˈnɪʃən] 警告

advance [ədˈvɑːns] 上步

advantageous position [ˌædvən'teidʒəs pə'ziʃən] 有利位置

adverse twining [ˈædvə:s 'twainɪŋ] 逆缠

aerial cartwheel [ˈɛəriəl 'kɑ:θwi:l] 侧手翻

aerobic training [ˈɛərɒbɪk 'treɪnɪŋ] 有氧训练

again and again [ə'geɪn ænd ə'geɪn] 反复地

aggregate score [ˈægrɪgeɪt skɔ:] 累积分

agile and changeable [ˈædʒaɪl ænd 'tʃeɪndʒəbl] 灵活多变

all-out attack [ə:l-aut ə'tæk] 全力进攻

all-round [ə:l-raʊnd] 全能

all-round Champion [ə:l-raʊnd 'tʃɒmpjən] 全能冠军

all-round title [ə:l-raʊnd 'taɪtl] 全能冠军

all-round training [ə:l-raʊnd 'treɪnɪŋ] 全面训练

alternate right and left [ə:l'tə:nɪt raɪt ænd left] 左右交替

alternating left and right [ə:l'tə:nɪtɪŋ left ænd raɪt] 左右

转换

alternating training [ə:l'tə:nɪtɪŋ 'treɪnɪŋ] 变换训练

amateur [ˈæmətə:] 业余爱好者

An Eagle Waiting for a Rabbit [æn'i:gl weɪtɪŋ fɔ: ə 'ræbɪt]

雄鹰待兔

anaerobic training [ə,neɪə'rɒbɪk 'treɪnɪŋ] 无氧训练

ancient weapon [ˈeɪnfənt 'wepən] 古兵器

angle of attack [ˈæŋɡl əv ə'tæk] 进攻角度

ankle [ˈæŋkl] 踝

ankle joint flexed [ˈæŋkl dʒɔɪnt flekst] 勾脚尖

announce scores [ə'naʊns skɔ:z] 报分

announcement of results [ə'naʊnsmənt əv ri'zʌltz] 成绩公

布

announcer [ə'naʊnsə] 宣告员, 播音员

Apparent close-up [ə'pærənt klouz-ʌp] 如封似闭

apparent inconformity with specifications

[ə'pærənt ɪnkən'fɔ:miti wið ,spesifi'keɪʃənz] 与要求显著不符

appeals committee [ə'pi:lz kə'miti] 申诉委员会, 仲裁委员会

apply an appropriate force [ə'plai ən ə'prɒpriət fɔ:s] 发劲适当

apply force [ə'plai .ɔ:s] 用劲, 发力

apply power as if drawing silk from a cocoon, and walk the steps of a cat.

[ə'plai fɔ:s əz ɪf 'drɔ:ɪŋ silk frəm ə kə'ku:n, ænd wɔ:k ðə steps əv ə kæt] 运动如抽丝, 迈步似猫行。

apply power smoothly [ə'plai 'paʊə 'smu:ðli] 劲力顺达

arc palm [ɑ:k pɑ:m] 撩掌

arch lower back [ɑ:tʃ laʊə bæk] 塌腰

arch of foot [ɑ:tʃ əv fut] 脚弓

arena [ə'ri:nə] 比赛场地

arge and vertical channels [ɑ:dʒ ænd 'vɜ:tɪkəl 'tʃænlz] 经

Arhat Boxing [ɑ:hət 'bɒksɪŋ] 罗汉拳

arm circling and wrists rotation

[ɑ:m 'sɜ:kliŋ ænd rɪst rou'teɪʃən] 转腕旋膀

arm-feint [ɑ:m-feɪnt] 手臂虚晃

arm power [ɑ:m paʊə] 臂力

arm swingover [ɑ:m 'swɪŋoʊvə] 抡臂

armed combat [ɑ:md 'kəmbət] 器械对练

armed routine [ɑ:md ru:'ti:n] 器械套路

armpit ['ɑ:mpɪt] 腋窝

arms akimbo [ɑ:mz ə'kimbou] 双手叉腰

arms move in flowing circles

[ɑ:mz mu:v in'flouɪŋ 'sə:klz] 手臂圆活

armswing ['ɑ:mswɪŋ] 摆臂

art [ɑ:t] 艺术, 技术, 技艺

art of attack and defence [ɑ:t əv ə'tæk ænd dɪ'fens] 攻防

技术

as high as [əz haɪ əz] 与……同高

as high as shoulder [əz haɪ əz 'ʃouldə] 与肩同高

Asian "Wushu" Federation ['eɪʃən "wushu" fedə'reɪʃən]

亚洲武术联合会

at eye level [ət aɪ 'levl] 与眼平

at nose level [ət nouz'levl] 与鼻平

at the same time [ət ðə seɪm taɪm] 同时

attack [ə'tæk] 进攻

attack and defence techniques

[ə'tæk ænd dɪ'fens tek'ni:ks] 攻防技术

attack bridge [ə'tæk brɪdʒ] 攻桥

attack position [ə'tæk pə'zɪʃən] 进攻姿势

Attack Twice With Forearm [ə'tæk twaɪs wɪð 'fə:ɹɑ:m] 夺

二肱

attacking ability [ə'tækiŋ ə'bɪlɪtɪ] 进攻能力

attacking method [ə'tækiŋ 'meθəd] 技击手段
 attacking skill [ə'tækiŋ skil] 技击, 进攻技巧
 auxiliary exercise [ə:g'ziljəri 'eksəsaiz] 辅助练习
 award [ə'wɔ:d] 授奖
 award (points) [ə'wɔ:d (pɔɪnts)] 给分
 awarding of points [ə'wɔ:diŋ əv pɔɪnts] 判分
 awareness [ə'weənɪs] 意识
 awareness training [ə'weənɪs 'treiniŋ] 意识训练
 axe ['æksi] 斧
 axilla [æk'silə] 腋窝
 axis of movement ['æksɪs əv 'mu:vmənt] 运动轴

B

back [bæk] 背
 back arc kick [bæk ɑ:k kik] 后撩腿
 back arched [bæk 'ɑ:tʃt] 弓背
 back cross-legged balance [bæk krɒs-'legd 'bæləns] 扣腿
 平衡
 back cross-step ['bæk krɒs:step] 插步
 back cross step and side sole kick
 [bæk krɒs:step ænd saɪd sɔ:l kik] 插步侧踹
 back cross step and swing palms

[bæk krɔ:s step ənd swɪŋ pɑ:mz] 插步双摆掌
 back kick with heel [bæk kɪk wið hi:l] 后蹬腿
 back leg press [ˈbæk leg pres] 后搬腿
 back (leg) stretch [bæk (leg) streɪtʃ] 后压腿
 back of broadsword [bæk əv ˈbrɔ:dsɔ:d] 刀背
 back of foot [bæk əv fut] 脚背
 back of hand [bæk əv hænd] 手背
 back of head [bæk əv hed] 后脑
 back of knee [bæk əv ni:] 腘窝
 back step [bæk step] 向后移步
 back straight [bæk streɪt] 拔(直)背
 back sweep [bæk swi:p] 后扫
 back swing [bæk swɪŋ] 向后摆动
 backbone [ˈbækbəʊn] 脊柱
 backhand swing [ˈbækhænd swɪŋ] 以拳背击人
 backhanded blow [ˈbækhændɪd bləʊ] 以拳背击人
 backing broadsword [ˈbækiŋ ˈbrɔ:d sɔ:d] 背刀
 backing cudgel [ˈbækiŋ ˈkʌdʒəl] 背棍
 backward [ˈbækwəd] 向后
 backward jump step [ˈbækwəd dʒʌmp step] 后跳步
 backward roll [ˈbækwəd rəʊl] 后滚翻
 backward roll dive and press [ˈbækwəd rəʊl daɪv ænd pres]

翻身扑虎

backward step [ˈbækwəd step] 撤步
 backward trick [ˈbækwəd trik] 后招
 badge [bædʒ] 纪念品

bag gloves [bæg glʌvz] 练习手套

“baihui” [“baihui”] 百会

“Bajiquan” [“bajiquan”] 八极拳

balance [ˈbæləns] 平衡

balance exercise [ˈbæləns ˈeksəsaiz] 平衡练习

ball of foot [bɔ:l əv fut] 脚前掌

bantamweight [ˈbæntəmweit] 最轻量级

Bare Hand vs. Dagger [bæ hænd ˈvə:səs ˈdægə] 空手夺
匕首

bare-handed duel [ˈbæə-ˈhændid ˈdju(:)əl] 徒手对练

bare hands [ˈbæə hændz] 徒手

barehand exercise [ˈbæəhænd ˈeksəsaiz] 徒手练习

barehanded against [ˈbæəhændid əˈgeinst]

空手对.....

barehanded and weapon duels

[ˈbæəhændid ænd ˈwepən ˈdju(:)əlz] 徒手与器械对练

barehanded fighting [ˈbæəhændid ˈfaitɪŋ] 手搏, 徒手格斗

barehanded fight against

[ˈbæə hændid fait əˈgeinst] 空手对.....

barehanded routine [ˈbæəhændid ruːˈtiːn] 徒手套路

Barehanded vs. Barehanded

[ˈbæəhændid ˈvə:səs ˈbæəhændid] 徒手对练

Barehanded versus Shield and Broadsword

[ˈbæəhændid ˈvə:səs ʃi:ld ænd ˈbrɔ:dsɔ:d] 空手对盾牌

刀

Barehanded and Weapon Duels

[ˈbeːhændɪd ænd ˈwepən ˈdju(:)əlz] 徒手与器械对练

base of palm [beɪs əv pɑ:m] 掌根

base-section [beɪs-ˈsekʃən] 根节

basic defence movements [ˈbeɪsɪk dɪˈfens ˈmu:v mənts]

基本防守动作

basic exercise [ˈbeɪsɪk ˈeksəsaɪz] 基本功

basic fist techniques [ˈbeɪsɪk fɪst tekˈni:ks] 基本拳法

basic footwork [ˈbeɪsɪk ˈfutwə:k] 基本步法

basic posture [ˈbeɪsɪk ˈpɒstʃə] 基本姿势

basic skills [ˈbeɪsɪk skɪlz] 基本功

basic stances [ˈbeɪsɪk sˈtænsɪs] 基本步型

basic techniques [ˈbeɪsɪk tekˈni:ks] 基本技法

basic theory [ˈbeɪsɪk ˈθiəri] 基本理论

basics exercise [ˈbeɪsɪks ˈeksəsaɪz] 基本功练习

battle-axe [ˈbætl-ˈæksi] 钺

Beast Head Pose [bi:st hed pouz] 兽头势

beat [bi:t] 击打

Beat Left Foot [bi:t left fut] 左擦脚

Beat Right Foot [bi:t rait fut] 右擦脚

beat step [bi:t step] 击步

belly [ˈbeli] 腹

belly out [ˈbeli aut] 挺腹

belly pulled in [ˈbeli puld in] 收腹

belt [belt] 腰带, 猛击

bend [bend] 弯屈

bend body forward and backward and at waist

[bend 'bɒdi 'fɔ:wəd ænd 'bækwəd ət weɪst] 甩腰

bend elbow [bend 'elbou] 屈肘

Bend Elbow in Horse Step [bend 'elbou in hə:s step] 马步盘肘

bend forward [bend 'fɔ:wəd] 俯身

bend forward in defence [bend 'fɔ:wəd in di'fens] 前俯防

bend joint backwards [bend dʒɔɪnt'bækwədʒ] 反关节

bend knee [bend ni:] 屈膝

bend knees slightly [bend ni:z s'laitli] 屈膝微蹲

bend leg [bend leg] 弓腿

bend the opponent's arm backwards

[bend ði: ə'pəʊnənts ɑ:m 'bækwədʒ] 掀对方的手臂

bend trunk backwards into bridge

[bend trʌŋk 'bækwədʒ intu brɪdʒ] 下腰

bend trunk forward [bend trʌŋk 'fɔ:wəd] 上体前俯

bending backwards balance ['bendɪŋ 'bækwədʒ 'bæləns] 仰身平衡

bending sideways balance ['bendɪŋ 'saɪdweɪz 'dæləns] 侧身平衡

Big Frame ("Taijiquan") [big freɪm ("taijɪkwən")] 大架 (太极拳)

biological ^气energy [baɪə'lɒdʒɪkəl 'enədʒi] 气

block [blɒk] 招架, 格挡

Black Dragon Boxing [blæk 'dræɡən 'bɒksɪŋ] 青龙拳

Black-Dragon Coil -up [blæk-'dræɡən kɔɪl-ʌp] 乌龙绞柱

Black Dragon Comes Out of Water

[blæk 'dræɡən kʌmz aut əv 'wɔ:tə] 青龙出水

Black Dragon Reaches Out Its Claws

[blæk 'dræɡən 'ri:tʃɪs aut its klɔ:z] 青龙探爪

Black Dragon Soars Up [blæk 'dræɡən sə:z ʌp] 青龙飞升

Black Dragon Turns Its Head [blæk 'dræɡən tə:nz its hed]

青龙返首

Black Tiger Comes Out of Lair [blæk 'taɪɡə kʌmz aut əv læ]

黑虎出洞

blade [bleɪd] 刃

(blade) shovel [(bleɪd) 'ʃʌvl] 铲

blocking bridge [blɒkɪŋ brɪdʒ] 架桥

blocking drill ['blɒkɪŋ drɪl] 防守练习

blow [bləʊ] 打击

blow with palm [bləʊ wi:ð pɑ:m] 用手掌打击

blows and kicks [bləʊz ænd kɪks] 拳打脚踢

bluff [blʌf] 假攻

board of judges [bɔ:d əv 'dʒʌdʒɪz] 裁判委员会

bobbing ['bɒbɪŋ] 低头闪躲

body and weapon not to coordinate

['bɒdi ænd 'wepən nɒt tu kəʊ'ə:dɪneɪt] 身械不协调

body and weapon become one

['bɒ:di ænd 'wepən bi'kʌm wʌn] 身械合一

body bag ['bɒdi bæɡ] 练习袋

body balance ['bɒdi 'dæləns] 身体平衡

body erect ['bɒdi i'rekt] 身体竖直

body feint ['bɒdi feint] 身体虚晃

(body) fitness [(bɒdi) 'fitnis] 身体素质

body form ['bɒdi fɔ:m] 身型

body-hold sit-back throw ['bɒdi-hould sit-bæk θrou] 抱

躯干过桥摔

body like a bow ['bɒdi laik ə bou] 身似弓

body lock ['bɒdi lɒk] 抱腰

Body-Mill palm ['bɒdi-mil pɑ:m] 磨身掌

body technique ['bɒdi tek'nɪ:k] 身法

Body-Turn Palm ['bɒdi-tɜ:n pɑ:m] 转身掌

Body-Turnover Palm ['bɒdi-tɜ:n 'ouvə pɑ:m] 翻身掌

body slam ['bɒdi slæm] 抱摔

(body) tuck [(bɒdi) tʌk] 团身

body work ['bɒd: wɜ:k] 身法

boom-boom [bu:m-bu:m] 左直拳接右勾拳

borrow rival's force and use it against him

['bɒrou 'raɪvəlz fɔ:s ænd ju:s it ə'geɪnst him] 借力发力

both fists hitting like a string of firecrackers

[bouθ fists 'hɪtɪŋ laik ə strɪŋ əv 'faɪə'krækəz] (双拳连

击) 脆快一挂鞭

both fists hitting like rain [bouθ fists 'hɪtɪŋ laik rein] 双

拳密如雨

both hard and soft [bouθ hɑ:d ænd sɒft] 刚柔相济

both hands as if embracing a ball

[bouθ hændz əz ɪf ɪm'breɪsɪŋ ə bɔ:l] 双手抱球

bow-and-arrow play [bou-ænd-'ærou plei] 弓箭术

bow stance [bou stæns] 弓步

bow step [bou step] 弓步

Bow Step Push Palm [bou step puʃ pɑ:m] 弓步推掌

Bow Step Separate Palms [bou step 'sepərit pɑ:mz] 弓步
分掌

Bow Step With Elbowing [bou step wið 'elbouɪŋ] 弓步顶肘

bonus point ['bəunəs point] 加分

bout [baut] 回合

box scores [bɒks skɔ:z] 比赛记录表

boxer ['bɒksə] 练拳者

boxing match [ˈbɒksɪŋ mætʃ] 对拳

Boxing Society [ˈbɒksɪŋ sə'saiəti] 拳社

brake [breɪk] 制动

brandish ['brændɪʃ] 挥舞(兵器)

brave and swift [breɪv ænd swɪft] 勇猛快速

breast [brest] 胸

breathe ['bri:ð] 呼吸

breathing exercise ['bri:ðɪŋ 'eksəsaɪz] 气功

breathing following movement

['bri:ðɪŋ 'fɒləʊɪŋ 'mu:vmənt] 拳势呼吸

breathing rhythm ['bri:ðɪŋ 'rɪðəm] 呼吸节奏

bridge of nose [brɪdʒ əv nouz] 鼻梁

bridge techniques [brɪdʒ tek'ni:ks] 桥法

Bring Feet Together and Block With Palm

[brɪŋ fi:t tə'geðə ænd blɒk wið pɑ:m] 并步架掌

broadsword ['brɔ:dsɔ:d] 刀

broadsword banner ['brɔ:dsɔ:d 'bænə] 刀彩

broadsword blade ['brɔ:dsɔ:d bleid] 刀身

broadsword dance ['brɔ:dsɔ:d dɑ:ns] 刀舞

broadsword envelopment [b'rɔ:dsɔ:d in'veləpmənt] 绞刀

broadsword reverse figure-8 ['brɔ:dsɔ:d ri've:s 'figə-eit]

撩腕花

broadsword reverse grip ['brɔ:dsɔ:d ri've:s grip] 抱刀

broadsword silk ['brɔ:dsɔ:d silk] 刀彩

broadsword straight-arm raise ['brɔ:dsɔ:d streit-ɑ:m reiz]

挑刀

broadsword tassel ['brɔ:dsɔ:d 'tæsəl] 刀彩

broadsword techniques ['brɔ:dsɔ:d tek'ni:ks] 刀法

(broadsword) twining head [('brɔ:dsɔ:d) 'twainiŋ hed] 缠

头刀

Broadsword vs. Broadsword

['brɔ:dsɔ:d 'vɔ:səs 'brɔ:dsɔ:d] 对劈刀

Broadsword vs. Shield ['brɔ:dsɔ:d 'vɔ:səs ʃi:ld] 刀对盾牌

(broadsword) wrapping head [('brɔ:dsɔ:d) 'ræpiŋ hed] 裹

脑刀

broadswordplay ['brɔ:dsɔ:dplei] 刀术

broadsword play like a fierce tiger

['brɔ:dsɔ:d plei laik ə fɪəs 'taigə] 刀如猛虎

broken weapon ['brəukən 'wepən] 器械折断

bronze medal [brɒnz 'medl] 铜牌

brush [brʌʃ] 搂

brush hand ['brʌʃ hænd] 接手

Brush Knee and Twist Step [brʌʃ ni: ænd twist step] 接膝
拗步

Buddha's Warrior Attendant ['budəz 'wəriə ə'tendənt]

金剛搗碓

Buddhist School Boxing ['budist sku:l 'bɒksɪŋ] 僧门拳

bump [bʌmp] 撞

butt [bʌt] 顶、撞

butt of cudgel [bʌt'əv kʌdʒəl] 棍把

butt of spear [bʌt əv spiə] 枪把

butterfly ['bʌtəflai] 旋子

butterfly hand ['bʌtəflai hænd] 蝶手

buttock ['bʌtək] 臀

buttocks in ['bʌtəks in] 收臀

buttocks raised ['bʌtəks reizd] 蹶臀

C

calculation of results [kælkju:'leɪʃən əv ri'zʌlts] 成绩统
计

calf [kɑ:f] 小腿

calmness ['kɑ:mnis] 静

Cannon Boxing ['kænən 'bɒksɪŋ] 炮捶

cannon fist ['kænən fist] 炮拳

Cannon Out of the Bosom ['kænən aʊt əv ðə 'bʊzəm]

窝里炮

Cannons in Series ['kænəns in 'siəri:z] 连珠炮

Carp Kip-Up [kɑ:p kip-ʌp] 鲤鱼打挺

Carry Whip Obliquely on Back

['kæri hwip ə'bli:kli ɒn bæk] 斜披红鞭

Cast-Off-Handcuffs Boxing

[kɑ:st-ə(:)f-'hændkʌfs 'bɒksɪŋ] 脱铐拳

catapult ['kætəpʌlt] 弹弓

catch [kætʃ] 抓、握

catch and hold [kætʃ ænd haʊld] 擒拿

catch (oncoming fist) [kætʃ (ɒn'kʌmɪŋ fist)] 以掌格挡来拳

cause opponent leaning (to one side)

[kə:z ə'pəʊnənt 'li:nɪŋ (tu wʌn saɪd)] 使某人的身体倾斜

cause opponent's attack to be ineffective

[kə:z ə'pəʊnənts ə'tæk tu bi: ɪni'fektɪv] 使对方进攻落空

cede [si:d] 顺势

ceding parry ['si:diŋ 'pæri] 顺带

centre line ['sentə laɪn] 中线

centre splits ['sentə splɪts] 横叉

centre of balance ['sentə əv 'bæləns] 身体重心

centre of gravity ['sentə əv g'reɪvɪti] 重心

champion ['tʃæmpjən] 冠军

championship [ˈtʃæmpjənʃɪp] 锦标赛, 冠军赛
 “chan-tou-guo-nao” [ˈʃan-tou-guo-nao] 缠头裹脑
 change breath [tʃeɪndʒ breθ] 换气
 change direction of force [tʃeɪdʒ diˈrekʃən əv fɔːs] 改变劲
 力方向
 change feet [tʃeɪndʒ fi:t] 换步
 change grip [tʃeɪndʒ grɪp] 换把
 Change Palms Three Times [tʃeɪndʒ pɑːmz θriː taimz]
 三换掌
 changeover method [ˈtʃeɪndʒˈəʊvə ˈmeθəd] 转换方法
 changing palm technique [ˈtʃeɪndʒɪŋ pɑːm tekˈniːk] 掌法
 变换
 “Changqiang” [ˈʃaŋ ʃiɑŋ] 长强
 “Changquan” [ˈʃaŋ ʃwɑŋ] 长拳
 channels [ˈtʃænlz] 经络
 characteristic [ˌkærɪktəˈrɪstɪk] 特点
 “Chen” Style “Taijiquan” [ˈʃen stɑɪl ˈtɑɪdʒɪkwɑŋ]
 陈式太极拳
 “chengguang” [ˈʃeŋ ɡwɑŋ] 承光
 cheek [tʃiːk] 脸颊
 “chengjiang” [ˈʃeŋ ʃiɑŋ] 承浆
 “Chenjiaguo” Village [ˈʃeŋdʒiɑɡwə ˈvɪlɪdʒ] 陈家沟
 chest [tʃest] 胸
 chest blow [tʃest bləʊ] 击胸部的拳
 chest-pad [tʃest-pæd] 护胸
 chest out [tʃest aʊt] 挺胸

chest-protector [tʃest-prə'tektə] 护胸

chest (thrust) out [tʃest (θrʌst) aut] 挺胸

chest (thrust) out and waist erect

[tʃest (θrʌst) aut ænd weɪst ɪ'rekt] 挺胸立腰

chestplate ['tʃestpleɪt] 护胸

chief clerk of tournament [tʃi:f klɔ:k əv 'tuənəmənt] 检录
长

chief judge [tʃi:f dʒʌdʒ] 裁判长

chin [tʃɪn] 下巴颏

chin blow [tʃɪn bləʊ] 击下巴颏的拳

chin dropped slightly [tʃɪn 'drɒpt 'slaitli] 下颏内收

chin (tucked) in [tʃɪn (tʌtʃt) ɪn] 下颏微收

Chinese "Wushu" [tʃaɪ'nɪz 'wʊʃu] 中华武术

"chize" ['tʃɪz] 尺泽

"chong" channel ['tʃɒŋ 'tʃænl] 冲脉

"chongmen" ['tʃɒŋmɛn] 冲门

chop [tʃɒp] 劈, 砍

chop bridge [tʃɒp brɪdʒ] 劈桥

chop palm [tʃɒp pɑ:m] 劈掌

chop at arm with sidestep [tʃɒp æt ɑ:m wið 'saɪdstep]

侧闪劈臂

chop at chest [tʃɒp æt tʃest] 劈胸

chop at face [tʃɒp æt feɪs] 劈面(脸)

chop (at) head [tʃɒp (æt) hed] 劈头

chop at wrist [tʃɒp æt rɪst] 劈腕

chop with broadsword [tʃɒp wið 'brɔ:dsɔ:d] 劈刀

chop with broadsword in bowstep

[tʃɒp wið 'brɔ:dsɔ:d in 'bəʊ step] 弓步劈刀

"Chuojiao" Boxing ["tʃuɔjiao" bɒksɪŋ] 戳脚(拳)

circle ['sə:kl] 划弧

circle bridge ['sə:kl brɪdʒ] 圈桥

circle hold with both wrists ['sə:kl həʊld wið 'bəʊθ rɪsts]

双腕圈擒

circle horizontally with cudgel

['sə:kl ,hɔrɪ'zɒntli wið 'kʌdʒəl] 平抡棍

circle left (right) arm ['sə:kl left (raɪt) ɑ:m] 左(右)手划

弧

circle spear ['sə:kl spiə] 圈枪

circle trunk with arms sweeping

['sə:kl trʌŋk wið ɑ:mz 'swi:pɪŋ] 涮腰

circle up ['sə:kl ʌp] 向上划弧

circle whip with both hands ['sə:kl hwɪp wið 'bəʊθ hændz]

双手舞花鞭

circle with cudgel ['sə:kl wið 'kʌdʒəl] 抡棍

circuit training ['sə:kit 'tri:ŋɪŋ] 循环训练

circular movement ['sə:kjʊlə 'mʌ:vmənt] 圆形动作, 走弧

线

circular parries ['sə:kjʊlə 'pærɪz] 绕环防守

circular walking step ['sə:kjʊlə 'wɔ:kɪŋ step] 弧行步

clap hands [klæp hændz] 击掌

clash [klæʃ] 叮当声(器械相击的)

clasp [kla:sp] 扣住

claw [klə:] (动物的) 爪
clean [kli:n] 干净利索
clear [kliə] 清脆, 清晰
clench [klentʃ] 握紧 (拳头)
clench fist [klentʃ fist] 握拳
clench fist tightly [klentʃ fist 'taitli] 攥紧拳头
close contact fighting [klous 'kəntækt 'faitiŋ] 近战
close in on opponent [klous in ən ə'pəʊnənt] 逼近对方
closing ceremony ['klouziŋ 'seriməni] 闭幕式
closing date for entries ['klouziŋ deit fə: 'entri:z] 报名截止

日期

closing form ['klouziŋ fɔ:m] 收势
cloud broadsword [klaud 'brɔ:dsɔ:d] 云刀
cloud cudgel [klaud 'dʌdʒəl] 云棍
cloud end [klaud end] 云把
cloud sword [klaud swɔ:d] 云剑
coach [kəʊtʃ] 教练
coil [kəʊl] 缠, 绞
collarbone ['kələbəʊn] 锁骨
collect whip [kə'lekt hwip] 收鞭
collecting power [kə'lektiŋ 'paʊə] 蓄劲
combat ['kəmbət] 格斗, 跟……格斗
combat skill ['kəmbət skil] 格斗术
combination [,kəmbi'neɪʃən] 组合
combination exercises ['kəmbi'neɪʃən 'eksəsaɪzɪz] 动作组

合练习

combination movement [ˌkəmbiˈneɪʃən ˈmu:vmənt] 动作

组合

combine internal and external

[kəmˈbaɪn ɪnˈtəːnl ænd ɛksˈtəːnl] 内外结合

combine mind and body [kəmˈbaɪn maɪnd ænd ˈbɒdi]

神形兼备

combine movement and stillness

[kəmˈbaɪn ˈmu:vmənt ænd ˈstɪlnɪs] 动静结合

combined events [kəmˈbaɪnd ɪˈvents] 全能项目

combined force [kəmˈbaɪnd fɔ:s] 合力

combined training [kəmˈbaɪnd ˈtreɪnɪŋ] 综合训练

come to nothing [kʌm tu ˈnʌθɪŋ] 落空

commencing form [kəˈmensɪŋ fɔ:m] 起势

commencing position [kəˈmensɪŋ pəˈzɪʃən] 开始姿势

common error [ˈkəmən ˈerə] 易犯错误

common fault [ˈkəmən fɔ:lt] 常见错误

common mistake [ˈkəmən misˈteɪk] 常见错误

compact [kəmˈpækt] 紧凑

competition [ˌkəmpiˈtɪʃən] 比赛

competition board [ˌkəmpiˈtɪʃən bɔ:d] 竞赛委员会

competition committee [ˌkəmpiˈtɪʃən kəˈmɪti] 竞赛委员会

competition date and time [ˌkəmpiˈtɪʃən deɪt ænd taɪm]

竞赛日期和时间

物

competition event [ˌkəmpiˈtɪʃən ɪˈvent] 比赛项目

competition office [ˌkəmpiˈtɪʃən ˈɒfɪs] 竞赛办公室

competition rules [ˌkəmpiˈtɪʃən ru:lz] 竞赛规则

competition site [ˌkəmpɪ'tɪʃən saɪt] 比赛地点
competition time [ˌkəmpɪ'tɪʃən taɪm] 比赛时间
competitor [kəm'petɪtər] 竞赛者, 赛员
complete at the same time [kəm'pli:t ət ðə seɪm taɪm] 同时
完成

completely relax one's muscles

[kəm'pli:tli rɪ'læks wʌnz 'mʌsklz] 使肌肉完全放松

completely relaxed [kəm'pli:tli rɪ'lækst] 完全放松

Composite Boxing ['kəmpəzɪt 'bɒksɪŋ] 子母拳

composure [kəm'pouzə] 镇静

Compulsory Boxing [kəm'pʌlsəri 'bɒksɪŋ] 规定拳

Compulsory routine [kəm'pʌlsəri ru:'ti:n] 规定套路

concentrate ['kɒnsentreɪt] 精神集中, 全神贯注

concentrate force at base of palm

['kɒnsentreɪt fɔ:s ət beɪs əv pɑ:m] 力达掌根

concentrate force at toes ['kɒnsentreɪt fɔ:s ət təʊz] 力达脚

尖

concentrate (one's) attention ['kɒnsentreɪt (wʌnz) ə'tenʃən]

集中注意力

concentrate power at ['kɒnsentreɪt paʊə ət]

力达……部位

concentration [ˌkɒnsən'treɪʃən] 精神集中, 全神贯注

conclusion [kən'klu:ʒən] 收势

concept of actual combat ['kɒnsept əv 'æktʃəl 'kɒmbət]

实战观念

confused footwork [kən'fju:zd 'fʊtwɜ:k] 步法错乱

connect [kə'nekt] 连接
conscious ['kɒnsjuəs] 有意识的
consecutive jumping front kicks

[kən'sekjutiv 'dʒʌmpɪŋ frʌnt kɪks]. 腾空连环飞脚
consecutive movement [kən'sekjutiv 'mu:vmənt] 连续动作
constant changes of direction

['kɒnstənt 'tʃeɪndʒɪz əv dɪ'rekʃən] 变化多端(指方向)
contender [kən'tendə] 竞争者
content of routine ['kɒntent əv ru:'ti:n] 套路内容
contest [kən'test] 比赛, 竞赛
contestant [kə'testənt] 竞赛者
continue [kən'tɪnju(:)] 接着做, 继续
continuing from previous movement

[kən'tɪnju:ɪŋ frəm 'pri:vjəs 'mu:vmənt] 承上势
continuity [kɒntɪ'nju(:)ɪti] 连贯
continuous and quick [kən'tɪnjuəs ænd kwɪk] 快速接贯
continuous attack [kən'tɪnjuəs ə'tæk] 接续进攻
contralateral [kɒntrə'læterəl] 对侧的
coordinate [kəu'ɔ:dɪnɪt] 使……一致
correct posture [kə'rekt 'pɒstʃə] 姿势正确
counter ['kauntə] 还击
counter-attack ['kauntə-ə'tæk] 反击
counter blow ['kauntə bləʊ] 还击
counter-hold ['kauntə-həʊld] 反擒
counter-parry ['kauntə 'pəri] 反防守
counter return ['kauntə ri'tə:n] 反还击

cover ['kʌvə] 掩护, 盖

Cover Head and Push Mountain

['kʌvə hed ænd puʃ 'maʊntɪn] 抱头推山

Cover Hands and Strike with Arm

['kʌvə hændz ænd straɪk wɪð 'ɑ:m] 掩手肱捶

cover with cudgel ['kʌvə wɪð 'kʌdʒəl] 盖棍

Crane Exercise [kreɪn 'eksəsaɪz] 鹤形

Crane Style Boxing [kreɪn stɑɪl 'bɒksɪŋ] 鹤拳

Crane's-beak Hand [kreɪnz-bi:k hænd] 鹤嘴手

cranial vault ['kreɪnjəl vɔ:lt] 颅顶

create attacking condition [kri(:)'et ə'tækɪŋ kən'dɪʃən]

创造进攻条件

crescent moon shovel ['kresnt mu:n 'ʃʌvl] 月牙铲

Crocodile Exercise ['krɒkədail 'eksəsaɪz] 鼉形

cross [krɒ(:)s] 迎击, 交叉

cross counter [krɒ(:)s 'kaʊntə] 迎击

cross-cut to wrist ['krɒ(:)s-kʌt tu rɪst] 截腕

cross-cut with sword ['krɒ(:)s-kʌt sɔ:d] 截剑

cross flying-foot kick [krɒ(:)s flɑɪɪŋ-fʊt kɪk] 斜飞脚

cross forearms [krɒ(:)s 'fɔ:ɹɑ:mz] 搭手

cross forearms diagonally [krɒ(:) 'fɔ:ɹɑ:mz daɪ'æɡənli]

前臂斜交叉

cross hands [krɒ(:) hændz] 十字手

cross kick [krɒs kɪk] 十字踢腿

cross-legged drop [krɒs-legd drɒp] 盘腿跌

cross-legged resting stance [krɒs-legd restɪŋ stæns] 歇

步

cross-legged sitting stance [krəs-ləgd sitiŋ stæns] 坐盘

cross-legged step [krəs-ləgd step] 歇步

cross palms [krəs pɑ:mz] 叉掌

cross parry [krəs 'pæri] 格挡

cross-slap [krəs-slæp.kik] 斜飞(拍)脚

cross step [krə:s step] 交叉步

cross step outside bent-elbow whip lashing

[krəs step 'aut'said bent-'elbou whip 'læʃiŋ] 插步外
拐肘鞭

cross sword [krəs sɔ:d] 交锋

crossbow ['krəsbou] 弩

crosscut ['krəskʌt] 截

crosscut palm ['krəskʌt pɑ:m] 横切掌

crosscut with broadsword ['krəskʌt wið 'brɔ:dsɔ:d] 截刀

crotch hold [krətʃ hould] 抱腿

crotch lift [krətʃ lift] 抱腿摔

crouch [krautʃ] 下蹲

crouch stance [krautʃ stæns] 仆步

crouch stance pierce palm [krətʃ stæns piəs pɑ:m] 仆步穿

掌

crouch stance stretch [krətʃstæns stretʃ] 仆步压腿

crouch step block palm [krətʃ step blɒk pɑ:m] 仆步亮掌

crutch [krʌtʃ] 拐

cudgel ['kʌdʒəl] 棍

cudgel block ['dʌdʒəl blɒk] 架棍

- cudgel envelopment ['kʌdʒəl ɪn'vələpmənt] 绞棍
- cudgel parry ['kʌdʒəl 'pæri] 格棍
- cudgel play ['kʌdʒəl plei] 棍术
- cudgel play like a crazed spirit
['kʌdʒəl plei laɪk ə 'kreɪzd 'spɪrɪt] 棍似疯魔
- cudgel shuttle ['kʌdʒəl 'ʃʌtl] 穿梭棍
- cudgel sweep ['kʌdʒəl swi:p] 扫棍
- cudgel techniques ['kʌdʒəl tek'ni:ks] 棍法
- cudgel vault ['kʌdʒəl vɔ:lt] 挂地棍
- cuff [kʌf] 拍击防守, 护腕
- culture gem ['kʌltʃə dʒem] 文化珍宝
- curved [kə:vɪd] 划弧
- curved arm [kə:vɪd ɑ:m] 臂部呈弧形
- Curved Bow Shoots Tiger [kə:vɪd bəʊ 'ʃʊts 'taɪgə] 弯弓射虎
- curved walking step [kə:vɪd 'wɔ:kiŋ 'step] 弧形步
- cut [kʌt] 劈, 砍
- cut bridge [kʌt brɪdʒ] 切桥
- cut (chop) with both palm [kʌt (tʃɒp) wɪð bəʊθ pɑ:lm] 双切桥
- cutlas ['kʌtləs] 短剑, 短刀

D

"dabao" ["dabao"] 大包

- “Dabei” Boxing [“dabei”/bəkɪp] 大悲拳
 dagger [ˈdæɡə] 匕首
 dagger-axe [ˈdæɡə-ˈæksɪ] 戈
 “Dahongquan” [“dahongquan”] 大红拳
 “dai”channel [“dai”/tʃænl] 带脉
 “daimai” [“daimai”] 带脉
 dance practice [ˈdɑːns ˈpræktɪs] 舞练
 dancing flower hands [ˈdɑːnsɪŋ ˈflaʊə hændz] 舞花手
 “danshu” [“danshu”] 胆俞
 “dantian” [“drntian”] 丹田
 dart [dɑ:t] 镖
 dart-head [dɑ:t-hed] 镖头
 date [deɪt] 日期
 “dazhūi” [“dazhui”] 大椎
 deduct [dɪˈdʌkt] 扣除
 deduct points for missed movement [dɪˈdʌkt pɔɪnts fəː mɪst ˈmuːvmənt] 遗忘扣分
 deduction [dɪˈdʌkʃən] 扣除
 deduction of point [dɪˈdʌkʃən əv pɔɪnts] 扣分
 deep and natural breathing [ki:p ˈænd ˈnætʃərəl ˈbriːðɪŋ] 自然深呼吸
 deep breathing [di:p ˈbriːðɪŋ] 深呼吸
 default (forgo) [dɪˈfɔːlt (fəːˈɡou)] 弃权
 defeat [dɪˈfi:t] 战胜, 击败
 defend effectively [dɪˈfend ɪˈfektɪvli] 有效地防守
 defender [dɪˈfendə] 防卫者

defense [di'fens] 防守
 defense ability [di'fens ə'biliti] 防守能力
 defense action [di'fens 'ækʃən] 防守动作
 defence and return [di'fens ænd ri'tə:n] 防守反击
 defense drill [di'fens drill] 防守练习
 defence methods [di'fens 'meθədz] 防守方法
 defense movement [di'fens 'mu:vmənt] 防守动作
 defense position [di'fens pə'ziʃən] 防守姿势
 defence skill [di'fens skil] 防守技巧
 defense techniques [di'fens tek'ni:ks] 防守技术
 deflect [di'flekt] 捋
 deflect through back [ki'flekt θru: bæk] 闪通背
 deflect with arm [di'flekt wið ɑ:m] 闪通臂
 deflect with cudgel [di'flekt wið 'kʌdʒəl] 拨棍
 deflecting force [di'flektiŋ fɔ:s] 捋劲
 deflecting form [di'flektiŋ fɔ:m] 捋式
 deflecting movement [di'flektiŋ 'mu:vmənt] 捋
 demonstrate ['demənstreit] 示范
 demonstration ['deməns'treiʃən] 示范
 demonstration of the movement

[,deməns'treiʃən əv ,ðə 'mu:vmənt] 动作示范

describe a circle [dis'kraib ə 'sə:kl] 划圆
 diagram ['daɪəgræm] 图, 图解
 "Diao"-School Boxing ["diao" sku:l 'bɒksɪŋ] 刁家教
 "dicang" ["dicang"] 地仓
 different classes [dɪfərənt 'kla:sɪs] 不同级别

different in style ['diferənt in stail] 风格不同
 different styles ['diferənt stailz] 不同风格
 difficult to ward off ['difikəlt tu wə:d əf] 难以招架
 diploma [di'ploumə] 奖状, 证书
 direct attack [di'rekt ə'tæk] 直接进攻
 direct chop [di'rekt tʃəp] 直接劈
 direct thrust [di'rekt θrəst] 直接刺
 disabled [di'seibld] 失去比赛能力
 discontinue ['diskən'tinju(:)] 停止
 display points {dis'plei pɔɪnts} 示分
 disqualify [dis'kwəlɪfaɪ] 取消比赛资格
 distinct [dis'tɪŋkt] 独特的
 distinctive feature [dis'tɪŋktiv fi:tʃə] 独具特色
 distribution of prizes [distri'bju:ʃən əv praɪzɪz] 颁发奖品

“Ditangquan” [“ditangquan”] 地躺拳
 dive and press [daɪv ænd pres] 扑虎
 dive like a fish [daɪv laɪk ə fɪʃ] 鱼跃
 diverse fist techniques [daɪ'vɜ:s fɪst tek'ni:ks] 拳法多变
 Diving Swallow ['daɪvɪŋ 'swələu] 燕子抄水
 division [di'vɪʒən] 分级(体重)
 dizzy ['dizi] 头部被击后站立不稳
 Do tis repeatedly /alternately

[du: ðis ri'pi:tɪdli / ɔ:l'tə:nɪtli] 如此反复, 轮换做
 dodge [dɒdʒ] 躲闪
 dodge to the left [dɒdʒ tu ðə left] 左闪

dodge to the right [dɒdʒ tu ðə raɪt] 右闪

dodging and riposte methods

[ˈdɒdʒɪŋ ænd rɪˈpəʊst ˈmeθədz] 闪躲还击法

Dog Style Boxing [dɒg stail ˈbɒksɪŋ] 狗拳

double arms circle [ˈdʌbl ɑːmz ˈsəːkl] 双臂绕环

double attack [ˈdʌbl əˈtæk] 互击, 连击

Double Battle-axes [ˈdʌbl ˈbætl-ˈæksɪs] 子母鸳鸯钺

double bow stance [ˈdʌbl bou stæns] 双弓步

double broadswords [ˈdʌbl ˈbrɔːdsɔːdz] 双刀

Double Broadswords Versus Spear

[ˈdʌbl ˈbrɔːdsɔːdz ˈvəːsəs spiə] 双刀进枪

double butterfly stance [ˈdʌbl ˈbʌtəflaɪ stæns] 双蝶步

double changing palm [ˈdʌbl ˈtʃeɪndʒɪŋ pɑːm] 双换掌

double crutches [ˈdʌbl ˈkrʌtʃɪz] 双拐

double daggers [ˈdʌbl ˈdægəz] 双匕首

double daggers vs. spear [ˈdʌbl ˈdægəz ˈvəːsəs spiə] 双匕

首进枪

double-finger hand-stand [ˈdʌbl-ˈfɪŋɡə hænd-stænd] 二指

禅

double fold stance [ˈdʌbl fəʊld stæns] 双蝶步

double forks [ˈdʌbl fɔːks] 双叉

double grip [ˈdʌbl grɪp] 双手抓握

double-halberd dance [ˈdʌbl ˈhælbə(:)d daːns] 双戟舞

double halberds [ˈdʌbl ˈhælbə(:)dz] 双戟

double handed broadswords [ˈdʌbl ˈhændɪd ˈbrɔːdsɔːdz]

双手刀

double-handed exercise in fixed steps

[ˈdʌbl-hændɪd ˈeksəsaɪz ɪn fɪkst steɪps] 定步双推手

double handed sword (play) [ˈdʌbl ˈhændɪd sɔ:d (pleɪ)]

双手剑 (术)

double-handed whip figure-8

[ˈdʌbl-hændɪd hwɪp ˈfɪgə-eɪt] 双手舞花鞭

double hits [ˈdʌbl hɪts] 连击

double-hooks [ˈdʌbl-hʊks] 双钩

double jumping front kick [ˈdʌbl ˈdʒʌmpɪŋ frʌnt kɪk] 腾空

仰身前端

double-leg drop [ˈdʌbl-leg drɒp] 抱双腿摔

double-leg hold pick-up [ˈdʌbl-leg həʊld pɪk-ʌp] 抱双腿摔

double-leg tackle [ˈdʌbl-leg ˈtækl] 抱双腿摔

double long-eared swords [ˈdʌbl lɒŋ-ˈiəd sɔ:dz] 长穗双剑

double maces [ˈdʌbl meɪsɪz] 双铜

double rapiers [ˈdʌbl ˈreɪpiəz] 双剑

double staffs [ˈdʌbl stɑ:fs] 双棍

double swords [ˈdʌbl sɔ:dz] 双剑

double two-headed spears [ˈdʌbl tu:ˈhedɪd spiəz] 双头双枪

double-headed staff [ˈdʌbl-hedɪd stɑ:f] 双头棍

double weapons [ˈdʌbl ˈwepənz] 双器械

double whips [ˈdʌbl hwɪps] 双鞭

double wristlock [ˈdʌbl ˈrɪstlək] 双手抓腕

down [daʊn] 向下

downward [ˈdaʊnwəd] 向下, 向下的

downward chop [ˈdaʊnwəd tʃɒp] 下劈

downward chop in bow step ['daunwəd ˌtʃɒp ɪn ˌbəʊ stɛp]

弓步下砍

downward parry with sword ['daunwəd ˌpæri wið sɔ:d]

挂剑

downward plunge fist ['daunwəd plandʒ ˌfɪst]

downward plunge punch ['daunwəd plandʒ ˌpʌntʃ]

downward slice with spear ['daunwəd sleɪs wið spiə]

枪

downward strike cudgel ['daunwəd straɪk ˈkʌdʒəl]

drag [dræg] 牵, 拖

drag broadsword [dræg ˈbrɔ:dsɔ:d]

drag spear [dræg spiə]

dragging step ['dræɡɪŋ stɛp]

Dragon Dives to the Ground

['dræɡən daɪvz tu ðə ɡraʊnd]

Dragon Exercise ['dræɡən ˈeksəsaɪz]

Dragon Pulls In Its Tail ['dræɡən pulz ɪn ɪts teɪl]

尾

dragon-riding stance ['dræɡən-ˈraɪdɪŋ stæns]

dragon-riding step ['dræɡən-ˈraɪdɪŋ stɛp]

Dragon Rises and Falls Form

['dræɡən ˈraɪzɪz ænd fɔ:lz fɔ:m]

Dragon Sabre Play ['dræɡən ˈseɪbə pleɪ]

Dragon Style Boxing ['dræɡən stɑɪl ˌbɒksɪŋ]

Dragon Sword Play ['dræɡən sɔ:d pleɪ]

draw [drɔ:] 拉, 收, 抽

draw back [drɔ: bæk] 后退, 抽回

draw chest in [drɔ: tʃest in] 含胸

draw hips in [drɔ: hips in] 收胯

draw (in) [drɔ: (in)] 留空当以引诱对方出拳

draw in belly [drɔ: in 'beli] 收腹

draw left (right) fist back to waist-side

[drɔ: left (rait) fist bæk tu weist-said] 左(右)拳收回

腰际

draw lots [drɔ: lɒts] 抽签

drawing circles ['drɔ:ɪn 'sə:klz] 画圈子(又称“搭圈手”)

drill fist [dril fist] 钻拳

drive with rear leg [draiv ðə riə leg] 后腿蹬地

drop-away [drɒp-ə'wei] 转体弯腰闪躲

drop elbow [drɒp 'elbou] 垂肘, 坠肘

drop head in defence [drɒp hed in di'fens] 低头防守

drop hips [drɒp hips] 沉胯

drop shift [drɒp ʃift] 变换步法移动身体重心

drop shoulders [drɒp 'ʃouldəz] 沉肩

drop shoulders and elbows [drɒp 'ʃouldəz ænd 'elbouz] 沉

肩坠肘

drop waist [drɒp weist] 塌腰

dropping into the splits - ['drɒpɪŋ 'ɪntu ðə splits] 跌叉

drunk in appearance but not in truth

[drʌŋk in ə'piərəns bʌt nə'tɪn tru:θ] 似醉非醉

Drunken Boxing ['drʌŋkən 'bɒksɪŋ] 醉拳

Drunken Cudgelplay ['drʌŋkən 'kʌdʒəlplei] 醉棍

Drunken Swordplay ['drʌŋkən 'sə:ðplei] 醉剑

"du" channel ["du" 'tʃænl] 督脉

duck [dʌk] 下蹲闪躲

Duck Style Boxing [dʌk stail 'bɒksɪŋ] 鸭形拳

duel ['dju(:)əl] 对练

"dushu" ['sudhu] 督俞

dynamic and static, fast and slow

[dai'næmɪk ænd 'stætɪk; fɑ:st ænd sləʊ] 动静疾徐

E

Eagle Claw Boxing ['i:gl klɔ: 'bɒksɪŋ] 鹰爪拳

eagle-claw exercise ['i:gl-klɔ: 'eksəsaɪz] 鹰爪功

eagle's claw ['i:glz klɔ:] 鹰爪

eagle's-claw hand ['i:glz-klɔ: hænd] 鹰爪

ear [iə] 耳

ease of movement [i:z əv 'mu:vmənt] 动作自如

edge of blade [edʒ əv bleɪd] 刀刃

edge of sword [edʒ əv sɔ:d] 剑刃

eight diagrams [eit 'daɪəgræmz] 八卦

Eight-diagrams Broadswordplay

[eit-'daɪəgræmz 'brɔ:dsə:ðplei] 八卦刀

Eight Diagrams Free Fighting (combat art)

[eit 'daɪəgræmz fri: 'faɪtɪŋ ('kɒmbət ɑ:t)] 八卦散手

Eight Diagrams Linked Palm [eit 'daɪəgræmz lɪŋkt pɑ:m]

八卦连环掌

Eight Diagrams Palm (Boxing)

[eit 'daɪəgræmz pɑ:m ('bɒksɪŋ)] 八卦掌(拳)

Eight Directions Boxing [eit di'rekʃənz 'bɒksɪŋ] 八方拳

eight extraordinary channels [eit iks'trɔ:diɪnəri tʃənlz] 奇

经八脉

Eight Extremes Boxing [eit iks'tri:mz 'bɒksɪŋ] 八极拳

eight extremities [eit iks'tremitiz] 八极

Eight-Gate Boxing ['eit-geɪt 'bɒksɪŋ] 八门拳

Eight Immortals Swordplay [eit i'mɔ:tlz 'sə:dpleɪ] 八仙剑

eight techniques [eit tek'ni:ks] 八法

eight trigrams [eit 'traɪgræmz] 八卦

Eight Trigrams Broadswordplay

[eit 'traɪgræmz 'brɔ:dsə:dpleɪ] 八卦刀

Eight Trigram Palm [eit 'traɪgræmz pɑ:m] 八卦掌

Eighteen-arhat Boxing [ei'ti:ŋ-ɑ:hət 'bɒksɪŋ] 十八罗汉拳

elasticity [,eləs'tisiti] 弹性, 灵活性

elbow ['elbou] 肘

elbow bent ['elbou bent] 屈肘

elbow block ['elbou blɒk] 架肘

elbow blow ['elbou bləʊ] 肘击

elbow butt ['elbou bʌt] 顶肘

elbow down ['elbou daʊn] 垂肘

elbow guard ['elbou gɑ:d] 护肘

elbow lock ['elbu lɒk] 锁肘

elbow-lock strangle hold throat

[elbou-lək 'stræŋgl həʊld θrəʊt] 锁肘封喉

elbow out [elbou aʊt] 抬肘

elbow pad [elbou pæd] 护肘

elastic-shaking force [i'læstik 'ʃeikin fɔ:s] 弹抖力

elbow slightly bent [elbou 'slaɪtli bent] 肘微屈

elbow strike [elbou straɪk] 撞肘

elbow techniques [elbou tek'ni:ks] 屈法

elbow to the side [elbou tu ðə saɪd] 侧顶肘

elbow to the heart [elbou tu ðə hɑ:t] 穿心肘

elbowing [elbouɪŋ] 肘法

element (of movement) [elɪmənt (əv 'mu:vmənt)] 单个

动作

elementary tactics [eli'mentəri 'tæktiks] 基本战术

eliminate [i'limineɪt] 淘汰

elude [i'lu:d] 闪躲

"emei" daggers ["emei" 'dægəz] 峨嵋刺

"Emei" Mountains ["emei" 'maʊntɪnz] 峨嵋山

"Emei" Power Boxing ["emei" paʊə 'bɒksɪŋ] 峨嵋功力拳

"Emei" School ["emei" sku:l] 峨嵋派

"Emei" School Boxing ["emei" sku:l 'bɒksɪŋ] 峨嵋拳

"Emei" Six Conformities Boxing

["emei" sɪks kən'fɔ:mɪtɪz 'bɒksɪŋ] 峨嵋六合拳

emptiness [emptɪnɪs] 虚

empty [emptɪ] 虚

empty step [emptɪ step] 虚步

empty step block palm [ˈempti step blɒk pɑ:m] 虚步亮

掌

empty step snap palm [ˈempti step snæp pɑ:m] 虚步挑掌

end coil [end kɔil] 绞把

end of cudgel [end əv ˈkʌdʒəl] 棍把

end of spear [end əv spiə] 枪把

end smash [end smæʃ] 劈把

end tilt [end tilt] 挑把

endurance training [inˈdʒʊərəns ˈtreɪnɪŋ] 耐力训练

energy consumption [ˈenədʒi kənˈsʌmpʃən] 能量消耗

energy stream [ˈenədʒi stri:m] 内气

energy stream flows to “dantian”

[ˈenədʒi stri:m fləʊz tu “dantian”] 气沉丹田

enter court [ˈentə kɔ:t] 出场, 上场

enter in (for) [ˈentə in (fə:)] 报名参加

entrance [ˈentrəns] 进场, 入口

entry blank [ˈentri blæŋk] 报名表

envelopment with spear [inˈveləpmənt wið spiə] 绞枪

envelopment with sword [inˈveləpmənt wið sɔ:d] 绞剑

error [ˈerə] 错误

essential exercises [iˈsenʃəl ˈeksəsaɪzɪz] 基础练习, 基本

功练习

European “Wushu” Federation

[ˈjuərəˈpi(:)ən “wushu” ˌfedəˈreɪʃən] 欧洲武术联合会

evade [iˈveɪd] 逃避, 躲避

event [iˈvent] 项目

evaluation standards [i,vælju'eɪʃən 'stændədz] 评分标准
exchange meeting [iks'tʃeɪndʒ 'mi:tɪŋ] 交流会
exchange of experience [iks'tʃeɪndʒ əv ɪks'piəriəns] 经验
交流

exchange of techniques [iks'tʃeɪndʒ əv tek'ni:ks] 技术交流
exercise in fixed steps ['eksəsaɪz ɪn fɪkst steps] 定步练习
exercise in locomotion ['eksəsaɪz ɪn ,ləʊkə'məʊʃən] 行进

间练习

exert force [ɪg'zə:t fɔ:s] 用力

exhale [eks'heɪl] 呼气

exhale forcefully [eks'heɪl fɔ:sfʊli] 用力呼气

exhibition competition [eks'biʃən kəmpi'tɪʃən] 表演赛

exhibition event [eks'biʃən i'vent] 表演项目

exit ['eksɪt] 退场

expert level boxing ['ekspə:t 'levl 'bɒksɪŋ] 甲组拳

explain [ɪksp'leɪn] 讲解

explain and demonstrate [ɪksp'leɪn ænd 'dɛmənstreɪt] 讲

解与示范

explosive breathing [ɪks'pləʊsɪv 'bri:ðɪŋ] 爆发式呼吸

explosive force [ɪks'pləʊsɪv fɔ:s] 寸劲, 爆发力

extend [ɪks'tend] 伸展

extend shoulder (forward) [ɪks'tend 'ʃəʊldə ('fɔ:wəd)] 顺

肩

extended balance [ɪks'tendɪd 'bæləns] 持久性平衡

extensive training [ɪks'tensɪv 'treɪnɪŋ] 广泛训练

external exercise [eks'tɜ:nl 'eksəsaɪz] 外功

external three conformities [eks'tə:nl θri: kən'fɔ:mitiz]

外三合

extra movement ['ekstrə 'mu:vmənt] 附加动作

eye [ai] 眼睛

eye of fist [ai ev fist] 拳眼

eye technique [ai tek'ni:k] 眼法

eye work [ai wə:k] 眼法

eyes follow both palms [aiz 'fəlou bouθ pɑ:mz] 眼睛随视

双掌

eyes follow sword [aiz 'fəlou sə:d] 眼随剑走

eyes like lightening [aiz laik 'laitniŋ] 眼似闪电

eyes look at [aiz look ət] 目视

eyes look straight forward [aiz luk streit 'fɔ:wəd] 眼向前

平视

eyes look to [aiz luk tu] 眼看 方向

eyes looking at opponent [aiz 'lukiŋ ət ə'pəunənt] 眼看

对方

eyes on opponent [aiz ɒn ə'pəunənt] 眼看对方

Eyebrow-level Staff Play ['aibrau-'levl stɑ:f plei] 齐眉棍

F

face [feis] 脸

face mask [feis mɑ:sk] 面罩

- face of fist [feis əv fist] 拳面
- face to face [feis tu feis] 面对面
- facing each other ['feisɪŋ i:ʃ] 面对面, 相对
- Fair Lady Works at the Shuttle [fæ 'leidi wə:ks æt ðə 'ʃʌtl] 玉女穿梭
- fake [feik] 假动作
- fake blow [feik blou] 虚击
- falchion {'fɔ:ltʃən] 青龙刃; 偃月刀
- fall (down) {'fɔ:l (daun)] 倒地
- fall onto the ground {'fɔ:l ɒntu ðə graund] 摔倒在地
- false attack [fə:ls ə'tæk] 假攻
- Fan Through the Back [fæn θru: ðə bæk] 扇通宵
- "Fanzi" Boxing ["fanzi" b'ɒksɪŋ] 翻子拳
- far side [fɑ: said] 远侧
- favourable position ['feɪvərəbl pə'ziʃən] 有利位置
- featherweight ['feðəweit] 次轻量级
- feel of the movement [fi:l əv ðə 'mu:vmənt] 动作感觉
- feeler ['fi:lə] 左直拳
- feet apart and parallel [fi:t ə'pɑ:t ænd 'pærələf] 两脚平行
开立
- feet shoulder-width apart [fi:t 'ʃouldə-widθ ə'pɑ:t] 两脚
分开与肩同宽
- feign attack [fein ə'tæk] 佯攻
- feint [feint] 假动作
- feint to the east and punch from the west
[feint tu ði: i:st ænd pʌntʃ frəm ðə west] 声东击西

femur ['fi:mə] 股骨

fend off [fend əf] 挡开

fend off opponent's blow [fend əf ə'pəʊnənts bləʊ] 挡开

对方击打

"fengchi" ["fengchi"] 风池

"fengfu" ["fengfu"] 风府

"fengmen" ["fengmen"] 风门

Ferocious Tiger Races Down the Mountain

[fə'rouʃəs 'taɪgə 'reɪsɪs daʊn ðə 'maʊntɪn] 猛虎下山

fibula ['fɪbjʊlə] 腓骨

field of "Wushu" [fi:dl əv "wʊʃu"] 武术领域

fifth place [fɪfθ pleɪs] 第五名

fight against an imaginary opponent

[faɪt ə'geɪnst ən ɪ'mædʒɪnəri ə'pəʊnənt] 想象性格斗

对练

fight hand to hand [faɪt hænd tu hænd] 短兵相接

fighting arts ['faɪtɪŋ ɑ:ts] 格斗术

fighting distance ['faɪtɪŋ 'dɪstəns] 战距

fighting skill ['faɪtɪŋ skɪl] 格斗技巧(术)

fighting tactics instruction ['faɪtɪŋ 'tæktɪks ɪns'trʌkʃən]

战术指导

fighting tactics training ['faɪtɪŋ 'tæktɪks 'treɪnɪŋ] 战术训练

figure-8 with cudgel ['fɪg-ɛɪt wið 'kʌdʒəl] 舞花棍

fill in [fɪl ɪn] 填写

final placings ['faɪnl 'pleɪsɪŋz] 决赛名次

final results ['faɪnl rɪ'zʌltz] 决赛成绩

finals [ˈfaɪnəlz] 决赛

finals qualification [ˈfaɪnəlz ˌkwɒlɪfɪˈkeɪʃən] 取得决赛权

finger [ˈfɪŋɡə] 手指

finger technique [ˈfɪŋɡə tekˈniːk] 指法

finger tip [ˈfɪŋɡə tɪp] 指尖

finger work [ˈfɪŋɡə wɜːk] 指法

finish at the same time [ˈfɪnɪʃ ət ðə seɪm taɪm] 同时完成

finishing form [ˈfɪnɪʃɪŋ fɔːm] 收式

Fire-Dragon Boxing [faɪə-ˈdræɡən ˈbɒksɪŋ] 火龙拳

firm [fɜːm] 沉稳

firm and stable [fɜːm ænd ˈsteɪbl] 刚健沉稳

first category [fɜːst ˈkætɪɡəri] 第一类

first class judge [fɜːst klɑːs dʒʌdʒ] 一级裁判员

first class routines [fɜːst klɑːs ruːˈtiːnz] 甲组套路

first closing [fɜːst ˈlkaʊzɪŋ] 初收

first court [fɜːst kɔːt] 第一场地

first place [fɜːst pleɪs] 第一名

fist [fɪst] 拳

fist and shoulder in a straight line

[fɪst ænd ˈʃəʊldə ɪn ə streɪt laɪn] 拳和肩在一条直线上

fist-fighting methods [fɪstˈfaɪtɪŋ ˈmeθədz] 拳法

fist form [fɪst fɔːm] 拳势握姿, 拳形

fist of defence [fɪst əv dɪˈfens] 虎身捶

fist techniques [fɪst tekˈniːks] 拳法

fist under elbow [fɪst ˈʌndə ˈelbəʊ] 肘底看捶

fist with palm facing downward

[fɪst wið pɑ:m 'feɪsɪŋ 'daʊnwəd] 平拳

fist with thumb side up [fɪst wið θəm saɪd ʌp] 立拳

fistfight ['fɪstfaɪt] 手搏

fistfighting exercise ['fɪstfaɪtɪŋ 'eksəsaɪz] 徒手练习

fists hitting like meteors [fɪsts 'hɪtɪŋ laɪk 'mi:tjəz] 拳似

流星

Five Elements Boxing [faɪv 'elɪmənts 'bɒksɪŋ] 五行拳

Five Elements Linked Boxing [faɪv 'elɪmənts lɪŋkt 'bɒksɪŋ]

五行连环拳

five elements (metal, wood, water, fire and earth)

[faɪv 'elɪmənts ('metl, wʊd, 'wɔ:tə, faɪə ænd ɑ:θ)] 五行

(金, 木, 水, 火, 土)

Five Stances Boxing [faɪv 'stænsɪs 'bɒksɪŋ] 五步拳

Five-Star Hammer Boxing [faɪv-stɑ: 'hæmə 'bɒksɪŋ] 五星

捶

Five-Tiger Boxing [faɪv-'taɪgə 'bɒksɪŋ] 五虎拳

Five-Tiger Spearplay [faɪv-'taɪgə 'spiəpleɪ] 五虎枪

fixed method ['fɪkst 'meθəd] 固定方法

fixed position ['fɪkst pə'zɪʃən] 定势

flash ['flæʃ] 晃

flail [fleɪl] 鞭打, 掸

flail fist [fleɪl fɪst] 鞭拳

flail hand [fleɪl hænd] 掸手

flash palm ['flæʃ pɑ:m] 亮掌

flash palm in high empty step

[flæʃ pɑ:m ɪn haɪ 'empti step] 高虚步亮掌

flash palm in seated step [flæʃ pɑ:m in 'si:tɪd step] 歇步亮

掌

flash the arm [flæʃ ði: ɑ:m] 闪通臂

flash through back [flæʃ θru: bæk] 闪通背

flat-footed [flæt-'fʊtɪd] 措手不及

flex foot [fleks fʊt] 勾脚

flexibility [,fleksə'biliti] 灵活性, 柔韧性

flexible body and light footwork

[fleksəbl 'bɒdi ænd laɪt 'fʊtwɜ:k] 身灵步轻

flexible leg ['fleksəbl leg] 下肢灵活

exible swift body and footwork

[fleksəbl swɪft 'bɒdi ænd 'fʊtwɜ:k] 身灵步活

flexion and extension leg techniques

[flekʃən ænd iks'tenʃən leg tek'nɪks] 屈伸性腿法

flick [flik] 崩

Fling Sleeves Against Wind [flɪŋ sli:vz ə'geɪnst wɪnd] 迎

风挥袖

flip [flɪp] 空翻

flip over back [fli:p 'əʊvə bæk] 背摔

float up [flaʊt ʌp] 上浮

floor-skill [flɔ:-skɪl] 地躺技法

Floor-Skill Boxing [lɔ:-skɪl 'bɒksɪŋ] 地躺拳

Flower Boxing ['flaʊə 'bɒksɪŋ] 花拳

flowing movement ['flaʊɪŋ 'mu:vmənt] 动作绵绵不断

fluid movements ['flu(:)ɪd 'mu:vmənts] 动作流畅

flying double front kick ['flaɪɪŋ 'dʌbl frʌnt kɪk] 腾空仰身

飞脚 前端

flying double kick [ˈflaɪɪŋ ˈdʌbl kɪk] 双飞脚

flying double kick to the side [ˈflaɪɪŋ ˈdʌbl kɪk tu ðə saɪd]

腾空双侧踢

flying foot kick [ˈflaɪɪŋ ˈfʊt kɪk] 飞脚

flying fork [ˈflaɪɪŋ fɔ:k] 飞叉

flying hook [ˈflaɪɪŋ ˈhʊk] 飞钩

flying lotus kick [ˈflaɪɪŋ ˈləʊtəs kɪk] 腾空摆莲

Flying Oblique [ˈflaɪɪŋ əˈbli:k] 斜飞式

Flying-rainbow Swordplay [ˈflaɪɪŋ ˈreɪnbəʊ ˈsɔ:dpleɪ] 飞

虹剑

flying scissor-legs [ˈflaɪɪŋ ˈsɪzə-legz] 腾空剪腿

focus of power [ˈfəʊkəs əv ˈpaʊə] 力点

fold like a bow [fəʊld laɪk ə ˈbəʊ] 折如弓

folding force [ˈfəʊldɪŋ fɔ:s] 折迭劲

"Fohanquan" ~ ["fohanquan"] 佛汉拳

follow me [ˈfələʊ mi:] 跟我做

follow (opponent's) oncoming force

[ˈfələʊ (əˈpəʊnənts) ɒnˈkʌmɪŋ fɔ:s] 顺对方的来势

following-the-punch hold [ˈfələʊɪŋ-ðə-pʌntʃ ˈhəʊld] 顺手

牵羊

foot pivot [ˈfʊt ˈpɪvət] 以脚为轴转身

foot-shift [ˈfʊt-ʃɪft] 换步

foot turned inward [ˈfʊt tɜ:nd ˈɪnwəd] 脚内扣

foot turned outward [ˈfʊt tɜ:nd ˈaʊtwəd] 脚外展

footwork [ˈfʊtwɜ:k] 步法

Footwork Exercise Boxing [ˈfʊtwɜ:k ˈeksəsaɪz ˈbɒksɪŋ] 练步拳

force heavy like iron [fɔ:s ˈhevi laɪk ˈaɪən] 重如铁

force is focussed at [fɔ:s ɪz ˈfɒkəst æt]

力达……部位

force point [fɔ:s pɔɪnt] 力点

force of inertia [fɔ:s əv ɪˈnɜ:ʃiə] 惯性力

force originates in back, flows through shoulders and elbows and reaches hands.

[fɔ:s əˈrɪdʒɪneɪts ɪn bæɪk, fləʊz θru: ˈʃəʊldəz ænd ˈelbəʊz ænd ˈri:tʃɪz hændz] 力从背发，通于肩、肘，达于手。

forceful [ˈfɔ:sfʊl] 刚劲有力的

forceful and accurate [ˈfɔ:sfʊl ænd ˈækjʊrɪt] 准确有力

forearm [ˈfɔ:ra:m] 前臂

forearm block [ˈfɔ:ra:m blɒk] 前臂阻挡

forefinger [ˈfɔ:fɪŋɡə] 食指

forehead [ˈfɔrɪd] 前额

forget [fəˈɡet] 遗忘

Form-and-Will Boxing [fɔ:m-ænd-wɪl ˈbɒksɪŋ] 形意拳

fork [fɔ:k] 叉

Forty-Eight-Form “Taijiquan”

[ˈfɔ:ti-eɪt-fɔ:m ˈtaijɪkwən] 四十八式太极拳

forward [ˈfɔ:wəd] 向前

(forward) cross-legged balance [(ˈfɔ:wəd) krɒs-legd ˈbæləns]

盘腿平衡

forward giant leap [ˈfɔ:wəd ˈdʒaɪənt li:p] 大跃步前穿

forward jump step [ˈfɔ:wəd dʒʌmp step] 前跳步
 forward-left [ˈfɔ:wəd-left] 左前方
 forward-right [ˈfɔ:wəd-raɪt] 右前方
 forward roll [ˈfɔ:wəd rəʊl] 前滚翻
 forward step [ˈfɔ:wəd step] 进步
 forward thrust to chest [ˈfɔ:wəd θrʌst tu tʃest] 正面刺胸
 forward trick [ˈfɔ:wəd trik] 前招
 foul [faʊl] 犯规
 foul blow [faʊl bləʊ] 犯规拳
 (foul-proof) cup [(faʊl-pru:f) kʌp] 护档
 founder [ˈfaʊndə] 创始人
 four blows [fɔ: bləʊz] 四击
 four strikes [fɔ: straɪks] 四击
 four-to-six stance [fɔ:-tu-sɪks stæns] 四六步
 fourth category [fɔ:θ ˈkætɪgəri] 第四类
 fourth place [fɔ:θ pleɪs] 第四名
 free combat [fri: ˈkɒmbət] 自由搏击(散手)
 free fighting [fri: ˈfaɪtɪŋ] 自由搏击(散手)
 free-hand [fri:-hænd] 散手
 free-hand exercise [fri:-hænd ˈeksəsaɪz] 散手练习
 free moving steps [fri: ˈmu:vɪŋ steps] 活步
 (free) sparring [(fri:) ˈspɑ:rɪŋ] 散打
 friendship match [ˈfrendʃɪp mætʃ] 友谊赛
 from relaxation to softness [frəm ˌrɪləkˈseɪʃən tu ˈsɒftnis]

由松入柔

from simple to complicated [frəm ˈsɪmpl tu ˈkɒmplɪkeɪtɪd]

由简到繁

- front cross kick [frʌnt krɒs kik] 十字踢腿
front cross-step [frʌnt krɒs-step] 盖步
front cross-step jump [frʌnt krɒs-step dʒʌmp] 盖跳步
front kick [frʌnt kik] 正踢腿
front-left [ˈfrʌnt-left] 左前方
front leg press [frʌnt leg pres] 正搬腿
front (leg) stretch [frʌnt (leg) stretʃ] 正压腿
front(leg) sweep [frʌnt (leg) swi:p] 前扫腿
front-right [ˈfrʌnt-raɪt] 右前方
front slap kick [frʌnt slæp kik] 单拍脚
front splits [frʌnt splits] 横叉
front straight body drop [frʌnt streɪt ˈbɒdi drɒp] 裁碑
front sweep [frʌnt swi:p] 前扫
“Fujian” Southern Style Boxing
[ˈfʊdʒiən ˈsaʊðən stɑɪl ˈbɒksɪŋ] 福建南拳
full points [ful pɔɪnts] 满分
full score [ful skɔ:] 满分
full squat [ful skwɒt] 全蹲
fully extended [ˈfʊli ɪksˈtendɪd] 充分伸展
fundamental fist techniques [ˌfʌndəˈmentl fɪst tekˈni:ks] 基本拳法
fundamental position [ˌfʌndəˈmentl pəˈzɪʃən] 基本姿势
fundamental stance [ˌfʌndəˈmentl stæns] 基本站立姿势
fundamentals [ˌfʌndəˈmentlɪz] 基本功

G

“ganshu” [“ganshu”] 肝俞

gasp [gɑ:sp] 喘气

general fitness training [ˈdʒenərəl ˈfitnis ˈtraɪnɪŋ] 一般素质
训练

gentle arm [ˈdʒentl ə:m] 上肢松柔

“geshu” [“geshu”] 膈俞

giant leap [ˈdʒaɪənt li:p] 大跃步前穿

give a straight blow forward with left fist

[gɪv ə streɪt bləʊ ˈfɔ:wəd wɪð left fist] 左拳向前冲击

give up [gɪv ʌp] 弃权

glide [ɡlaɪd] 滑进攻击

go down [ɡəʊ daʊn] 被击倒

gold medal [ɡəʊld ˈmedl] 金牌

Golden Cock Crows at Dawn [ˈɡəʊldən kək krouz ət daʊn]

金鸡报晓

Golden Cock Mounts Perch [ˈɡəʊldən kək maʊnts pɜ:tʃ]

金鸡上架

Golden Cock Pecks at Rice [ˈɡəʊldən kək peks ət raɪs] 金

鸡食米

Golden Cock Ruffles Feathers [ˈɡəʊldən kək ˈrʌflz ˈfeðəz]

金鸡抖翎

Golden Cock Stands on One Leg

[ˈgouldən kək stændz ɒn wʌn leg] 金鸡独立

“gong-fu” [ˈgong-fu] 功夫

good timing [ɡʊd ˈtaɪmɪŋ] 及时

grab [ɡræb] 搂, 抓, 握

grab hands [ɡræb hændz] 搂手

graggy [ˈɡræɡi] 头部被击中后站立不稳

grapevine leg [ˈɡreɪpvain leg] 缠腿

grapple [ˈɡræpl] 抓, 拿, 抢手

grasp [ɡrɑːsp] 抓, 握

Grasp the Peacock's Tail [ɡrɑːsp ðə ˈpiːkəks teɪl] 揽雀尾

grasping the ground with toes

[ˈɡrɑːspɪŋ ðə ɡraʊnd wɪð tuːz] 足趾抓地

grip fingers and break wrist [ɡrɪp ˈfɪŋɡəz ænd breɪk rɪst]

擒指折腕

groin [ɡroɪn] 裆部, 阴部

Ground Boxing [ɡraʊnd ˈbɒksɪŋ] 地躺拳

group event [ɡruːp ɪˈvent] 集体项目

group exercise [ɡruːp ˈeksəsaɪz] 集体练习

“Guangdong” Southern Style Boxing

[ˈɡwɑŋdʒŋɡ ˈsʌðən stɑɪl ˈbɒksɪŋ] 广东南拳

“guanyuan” [ˈɡwɑnyʌn] 关元

guard [ɡɑːd] 防守

guard of broadsword [ɡɑːd əv ˈbrɔːdsɔːd] 刀盘 (护手)

Gun-Hammer Boxing [ɡʌn-ˈhæmə ˈbɒksɪŋ] 炮捶

H

- hack [hæk] 砍
- hack palm [hæk pɑ:m] 劈掌
- hack sword in bow step [hæk sɔ:d in bou step] 弓步劈剑
- hack with broadsword [hæk wið 'brɔ:dsɔ:d] 砍刀
- hack with sword [hæk wið sɔ:d] 劈剑
- hair [heə] 头发
- halberd / halbert ['hælbə(:)d / 'hælbə(:)t] 戟
- half-kneeling step [hɑ:f-'niliŋ step] 拐步
- half squat [hɑ:f skwɒt] 半蹲
- halt [hɔ:lt] 停
- hammer strike (smash) ['hæmə straik (smæʃ)] 砸拳
- hammerlock ['hæmələk] 锁臂
- hand clap [hænd klæp] 掌击
- hand form [hænd fɔ:m] 手型
- hand form and hand technique exercise
[hænd fɔ:m ænd hænd tek'ni:k 'eksəsaiz] 手型手法
练习
- hand guard [hænd gɑ:d] 护手盘
- hand stand [hænd stænd] 手倒立
- Hand Strums the Lute [hænd strʌmz ðə lju:t] 手挥琵琶
- hand techniques [hænd tek'ni:ks] 手法

handle of sword [ˈhændl əv sə:d] 剑柄

handle of whip [ˈhændl əv hwip] 鞭把

hands like arrows [hændz laik ˈærouz] 手似箭

hands like eagle's talons [hændz laik ˈl:glz ˈtælənz] 手似
鹰爪

hands on hips [hændz ɒn hips] 双手叉腰

Hands protecting oneself like two doors, relying entirely
on one's leg to beat the opponent.

[hændz prəˈtekitɪŋ wʌn'self laik tu: dɔ:z, riˈlaiɪŋ
inˈtaɪəli ɒn wʌnz leg tu bi:t ði: əˈpounənt] 手似两扇
门，全凭腿打人。

handshake-and-circle hold [ˈhændʃeɪk-ænd-ˈsə:kl haʊld]
握手圈擒

handshake hold [ˈhændʃeɪk haʊld] 握手擒拿

handstand [ˈhændstænd] 手倒立

hard exercise [hɑ:d ˈeksəsaɪz] 硬功

Hard School Boxing [hɑ:d sku:l ˈbɒksɪŋ] 硬门拳

hard whip [hɑ:d hwip] 硬鞭

hardness and softness moving in harmony

[hɑ:dnɪs ænd ˈsɒftnɪs ˈmu:vɪŋ in ˈhɑ:məni] 刚柔相济

hardness and softness, solidity and emptiness

[hɑ:dnɪs ænd ˈsɒftnɪs, səˈlɪdɪti ænd ˈemptɪnɪs] 刚柔虚
实

harmonious and smooth [hɑ:ˈmounjəs ænd smu:ð] 协调
连贯

harmony [ˈhɑ:məni] 协调

harmony of movement [ˈhɑ:məni əv ˈmu:vmənt] 动作协调

harmony of inside and outside

[ˈhɑ:məni əv ˈinsaid ænd ˈaʊtˈsaɪd] 内外协调

harrow [ˈhærəʊ] 耙

hatchet [ˈhætʃɪt] 斧

head [hed] 头

head butt [hed bʌt] 头撞

head erect [hed iˈrekt] 头正直

head judge [hed dʒʌdʒ] 总裁判

head lock [hed lɒk] 夹头

head-lock flip [hed-lɒk flip] 抱肩颈背摔

head of whip [hed əv hwɪp] 鞭头

head upright [hed ˈʌpraɪt] 头正直

head stand [hed stænd] 头手倒立

head straight [hed ˈstreɪt] 头正直

health-building [helθ-ˈbɪldɪŋ] 健身

heart of fist [hɑ:t əv fɪst] 拳心

heavenly palace comb [ˈhevnli ˈpælis kəʊm] 宫天梳

heavy bag [ˈhevi bæɡ] 练习袋

heavy blow [ˈhevi bləʊ] 重击

heavy training load method

[ˈhevi ˈtreɪnɪŋ ləʊd ˈmeθəd] 大运动量训练法

heavy training load phase [ˈhevi ˈtreɪnɪŋ ləʊd feɪz] 大运动量训练阶段

heavy weapon [ˈhevi ˈwepən] 重器械

heavyweight ['heviweit] 最重量级

heel [hi:l] 脚跟

heel kick [hi:l kik] 蹬腿

heel of hand [hi:l əv hænd] 掌根

heel of rear foot off floor [hi:l əv riə fut (:)əv flə:] 后脚拔
跟

heel raised [hi:l reizd] 拔跟

heel-up [hi:l-ʌp] 拔跟, 提踵

heels pushed out [hi:lz 'puʃt aut] 脚跟外蹬

heels outward [hi:lz 'autwəd] 脚跟外蹬

“hegu” [“hegu”] 合谷

helmet ['helmit] 头盔

hide broadsword [haid 'brɔ:dsɔ:d] 藏刀

hide broadsword in empty stance

[haid 'brɔ:dsɔ:d in 'empti stæns] 虚步藏刀

Hidden Traces Boxing ['hidn 'treisis 'bɒksɪŋ] 秘踪拳

Hiding Tiger Boxing ['haidiŋ 'taigə 'bɒksɪŋ] 伏虎拳

high and low attack [hai ænd lou ə'tæk] 上下攻击

high and low attack alternately

[hai ænd lou ə'tæk ə:l'tə:nitli] 上下交替攻击

high empty step [hai 'empti step] 高虚步

high leg stretch [hai leg stretʃ] 高压腿

highest score ['haɪst skɔ:] 最高分

hilt [hilt] (刀、剑等的)柄

hip [hip] 髋部

hip (knee, ankle) joint [hip (ni:, 'æŋkl) dʒɔɪnt] 髋(膝、踝)

关节

hip-roll throw [hip-roul θrou] 过腿摔

hip-sabre [hip 'seibə] 腰刀

hips in [hips in] 收髋

hips lowered [hips 'louəd] 落臀，沉髋

hips relaxed [hips ri'lækst] 松胯

hips pushed forward [hips puʃt 'fə:wəd] 送髋

hips thrust out [hips θrʌst aut] 挺髋

hit received [hit ri'si:vd] 击中

hit target [hit 'tɑ:git] 击中

hit with elbow [hit wið 'elbou] 肘击

hitting power [hitiŋ 'pauə] 打击力量

hold [hould] 抓，握，抱

hold ball with both palms

[hould bæ:l wið bouθ pɑ:mz] 双抱掌

hold-breaking methods [hould-'breikiŋ 'meθədz]

擒拿法

hold broadsword [hould 'brə:dsɔ:d] 捧刀

hold cudgel [hould 'kʌdʒəl] 抱棍

hold elbow in [hould 'elbou in] 夹肘

hold fists on hips [hould fists ɒn hips] 抱拳

hold knee in front [hould ni: in frʌnt] 正面抱膝

hold leg in defence [hould leg in di'fens] 抱腿防

hold loosely ['hould 'lu:slɪ] 松握

hold on to [sould ɒn tu] 抓住……不放

hold spear [houl spiə] 持枪，抱枪

hold spear horizontally in semi-horse stance

[hould spiə həri'zəntli in 'semi-hə:s stæns] 半马步平
持枪

hold stomach in [hould 'stʌmək in] 收腹

hold sword [hould sə:d] 抱剑

hold weight on left (right) foot

[hould weit ən left (rait) fʊt] 重心保持在左(右)脚

hold wrist [hould rist] 拿腕

holding a ball ['houldɪŋ ə bɔ:l] 抱球

Holding-and-Catching Sparring

['houldɪŋ-ænd-'kætʃɪŋ 'spɑ:rɪŋ] 对擒拿

holding-fist salute ['houldɪŋ-fist sə'lju:t] 抱拳礼

houlding method ['houldɪŋ 'meθəd] 握法, 持械方法

holding technique [houldɪŋ tek'ni:k] 拿法

home team [houm ti:m] 主队

hook [huk] 钩, 勾拳

hook elbow [huk 'elbow] 盘肘

hook foot [huk fʊt] 勾脚尖

hook grasp [huk grɑ:sp] 刁手

hook hand [huk hænd] 勾手

hook hand and block with palm

[huk hænd ænd blɒk wið pɑ:m] 勾手亮掌

hook in defence [huk in di'fens] 勾防

hook kick [huk kik] 勾踢

hook leg [huk leg] 挂腿

hook moving like waves [huk 'mu:viŋ laik weivz] 钩走

浪式

hook pointing up [huk 'pɔɪntɪŋ ʌp] 勾尖向上

hopping step ['hɒpɪŋ step] 纵步

horizontal chop palm [ˌhɒri'zɒntl tʃɒp pɑ:m] 砍掌

horizontal circle [ˌhɒri'zɒntl 'sə:kl] 平圆

horizontal cut with broadsword

[ˌhɒri'zɒntl kʌt wið 'brɔ:dsɔ:d] 斩刀

horizontal cut with sword [ˌhɒri'zɒntl kʌt wið sɔ:d] 斩剑

horizontal force [ˌhɒri'zɒntl fɔ:s] 水平力

horizontal force can break vertical force

[ˌhɒri'zɒntl fɔ:s kæn breɪk 'vɜ:tɪkəl fɔ:s] 以横破直

horizontal horse-riding stance

[ˌhɒri'zɒntl hɔ:s-raɪdɪŋ stæns] 一字马步

horizontal leg stretch [ˌhɒri'zɒntl leg streɪtʃ] 平压腿

horizontal punch [ˌhɒri'zɒntl pʌntʃ] 横拳

horizontal slice [ˌhɒri'zɒntl slais] 斩

horizontal slice in bow step [ˌhɒri'zɒntl slais ɪn baʊ step]

弓步平斩

horizontal slice at chest [ˌhɒri'zɒntl slais æt tʃest] 斩胸

horizontal slice at head [ˌhɒri'zɒntl slais æt hed] 斩头

horizontal strike with end of cudgel

[ˌhɒri'zɒntl straɪk wið end əv 'kʌdʒəl] 横击把

horse step punch fist [fɔ:s step pʌntʃ fɪst] 马步冲拳

horse step push palm [hɔ:s step puʃ pɑ:m] 马步推掌

Horse Exercise [hɔ:s 'eksəsaɪz] 马形

horse-riding step [hɔ:s-'raɪdɪŋ step] 马步

However powerful a strike, it can be held off with just a tip of the finger.

[hau'evə 'paʊəfʊl ə straɪk, ɪt kæn bi: held ə(:)f wið dʒʌst ə tip əv ðə 'fɪŋgə] 任他巨力来打我, 牵动四两拨千斤。

"Hua" Boxing ["hua" 'bɒksɪŋ] 华拳

"huagai" ["huagai"] 华盖

"huantiao" ["huantiao"] 环跳

hug [hʌg] 抱住, 紧抱

hug knee [hʌg ni:] 抱膝

hugging ['hʌɡɪŋ] 抱住对方

"huiyang" ['huiyang] 会阳

"huiyin" ["huiyin"] 会阴

"Hunyuan" Palm ["hunyuan" pɑ:m] 混元掌

I

If opponent attacks quickly react quickly, if slowly then follow him slowly.

[ɪf ə'pɒnənt ə'tæks 'kwɪkli ri(:)'ækt 'kwɪkli, ɪf 'sləuli ðen 'fɒləu hɪm 'sləuli] 动急则急应, 动缓则缓随。

imitate ['ɪmɪteɪt] 模仿

Imitation Boxing [ɪmɪ'teɪʃən 'bɒksɪŋ] 象形拳

immediate riposte [ɪ'mi:dʒət ri'pəʊst] 及时还击

(important) points [(im'pə:tənt) pɔɪnts] 要领, 要点
imposing manner ['mipouziŋ 'mænə] 气势
improper timing [im'prəpə 'taɪmɪŋ] 不及时
in a low (high) position [in ə lau(hai) pə'ziʃən] 处于低

(高)姿势

in an arc [in ən ɑ:k] 弧形呈
in an inferior position [in ən in'fɪəriə pə'ziʃən] 处于被动
in flight [in flait] 腾空, 处于腾空状态
in front of [in frʌnt əv] 在……前面
in front of body [in frʌnt əv 'bɒdi] 在体前
in good condition [in gud kən'dɪʃən] 竞技状态好
in (good) time [in (gud) taɪm] 及时, 准时
in line with [in laɪn wið] 和……一致,

与……在一直线上

in supine position [in sju'paɪn pə'ziʃən] 处于仰卧状态
inch force [ɪntʃ fɔ:s] 寸劲
inch punch [ɪntʃ pʌntʃ] 崩拳
inch punch fist [ɪntʃ pʌntʃ fɪst] 崩拳
incline [ɪnk'lain] 倾斜, 屈身, 低头
incomplete body turn [ɪnkəm'pli:t 'bɒdi tɜ:n] 转体不充分
incomplete routine [ɪnkəm'pli:t ru:'ti:n] 没有完成套路
inconformity [ɪnkən'fɔ:miti] 不一致
incoordination [ɪnkou'ə:di'neiʃən] 不协调
index finger ['ɪndeks 'fɪŋgə] 食指
indirect attack [ɪndi'rekt ə'tæk] 间接进攻
individual champion [ɪndi'vidʒuəl 'tʃæmpjən] 个人冠军

individual coaching [indi'vidʒuəl 'kəʊtʃɪŋ] 个别辅导

ineffective [ini'fektɪv] 落空

inertia [i'nə:ʃiə] 惯性, 惯量

inferior [in'fɪəriə] 背势

inferior position [in'fɪəriə pə'zɪʃən] 背势

infighting [ɪn'faɪtɪŋ] 近战

inhale [in'heil] 吸气

initiative [ini'ʃiətiʋ] 主动权, 主动

inner ankle [ɪnə 'æŋkl] 内踝

inner power [ɪnə 'paʊə] 内劲, 内力

inner side [ɪnə saɪd] 内侧

inner strength and sensitivity [ɪnə streŋθ ænd ,sensɪ'tɪvɪti]

内功

inner thigh [ɪnə θaɪ] 大腿内侧

Inquiring Bixing [ɪn'kwaiəriŋ 'bɒksɪŋ] 问津拳

insert [ɪn'sɜ:t] 插入

insert leg behind (opponent)

[ɪn'sɜ:t leg bi'haɪnd (ə'pəʊnənt)] 后插

insert leg in defence [ɪn'sɜ:t leg in di'fens] 插腿防守

inside [ɪn'saɪd] 内侧

inside crescent kick [ɪn'saɪd 'kresnt kɪk] 里合腿

inside crotch hold [ɪn'saɪd krɒtʃ haʊld] 内侧抱腿

inside kick [ɪn'saɪd kɪk] 里合腿

inside parry [ɪn'saɪd 'pæri] 内侧格挡

inside slap crescent kick [ɪn'saɪd slæp 'kresnt kɪk] 里合

拍脚

inspector [in'spektə] 检查员

instep ['instep] 脚内侧

Institute of "Taijiquan" ['ɪnstɪtju:t əv "taɪdʒɪkwən"] 太极拳学院

instruction methods [ɪn'strʌkʃən 'meθədz] 教法

instructional materials [ɪn'strʌkʃənəl mə'tɪəriəlz] 教材

instructor [ɪn'strʌktə] 讲师, 教练

integration of elbows and knees

[ɪntɪ'greɪʃən əv 'elbəʊz ænd ni:z] 肘与膝合

integration of hands and feet

[ɪntɪ'greɪʃən əv hændz ænd fi:t] 手与脚合

integration of mind and will [ɪntɪ'greɪʃən əv maɪnd ænd wɪl]

心与意合

integration of shoulders and hips

[ɪntɪ'greɪʃən əv 'ʃəʊldəz ænd hips] 肩与胯合

integration of vital energy and strength

[ɪntɪ'greɪʃən əv 'vaɪtl 'enədʒi ænd strenθ] 气与力合

integration of will and vital energy

[ɪntɪ'greɪʃən əv wɪl ænd 'vaɪtl 'enədʒi] 意与气合

intense concentration [ɪn'tens ,kənsən'treɪʃən] 全神贯注

intensive training [ɪn'tensɪv 'treɪnɪŋ] 强化训练 (大强度训练)

intention [ɪn'tenʃən] 意图

intercept [ɪntə(:)'sept] 截

intercept (block) with end of cudgel

[ɪntə(:)'sept (blɒk) wɪð end əv 'kʌdʒəl] 截把

intercept bridge [ˌintə(:)sept 'bridʒ] 截桥

intercept with broadsword [ˌintə(:)sept wið 'brɔ:dsɔ:d]
截刀

intercept with sword [ˌintə(:)sept wið sɔ:d] 截剑

intercostal space [ˌintə(:)'kɒstl speis] 肋间隙

Intermediate (class) Routine

[ˌintə(:)'mi:dʒət (klɑ:s) ru:'ti:n] 乙组套路

intermission [ˌintə(:)'mɪʃən] 间息

internal exercise [in'tə:nl 'eksəsaiz] 内功

internal three conformities [in'tə:nl θri: kən'fɔ:mitiz] 内
三合

International "Wushu" Federation

[ˌintə(:) 'næʃənl "wushu" ,fedə'reiʃən] 国际武术联合
会

Interntional "Wushu" Organization

[ˌintə(:) 'næʃənl "wushu" ,ɔ:gənai'zeiʃən] 国际武术
组织

intertwining leg [ˌintə(:)'twainɪŋ leg] 缠腿

interval training ['intəvəl 'treɪnɪŋ] 间歇训练

invalid hit [in'vælid hit] 击中无效

invitation [ˌɪnvi'teɪʃən] 吸引, 邀请

invitational tournament [ˌɪnvi'teɪʃənl 'tuənəmənt] 邀请赛

invite [in'vaɪt] 吸引, 邀请

inviteness [in'vaɪtnɪs] 引诱, 吸引

inviting [in'vaɪtɪŋ] 引诱, 吸引

inward ['ɪnwəd] 向内, 内在的

- inward and outward bent-elbow whip lashing
 ['inwəd ænd 'əutwəd bent-'elbou hwip 'læʃɪŋ] 里外拐
 肘鞭
- inward parry ['inwəd 'pəri] 里格
- Iron-Arm Exercise ['aɪən-ɑ:m 'eksəsaɪz] 铁臂功
- iron rule ['aɪən 'ru:lə] 铁尺
- iron-sand palm ['aɪən-sænd pɑ:m] 铁沙掌

J

- jab [dʒæb] 用拳猛击
- jackknife ['dʒæknaɪf] 背摔
- Jade Girl Works at Shuttles [dʒeɪd gə:l wə:ks ət 'ʃʌtlz]
 玉女穿梭
- jaw [dʒə:] 颌
- "jiandao" (sword school) ["jiandao" (sə:d sku:l)] 剑道
- "Jiangxi" Southern Style Boxing
 ["jiangxi" 'sʌðən stail 'bɒksɪŋ] 江西南拳
- "jianjing" ["jianjing"] 肩井
- "jianliao" ["jianliao"] 肩髃
- "jianwaishu" ["jianwaishu"] 肩外俞
- "jianyu" ["jianyu"] 肩髃
- "jianzhongshu" ["jianzhongshu"] 肩中俞
- "jiaobang" (staff fight) ["jiaobang" (stɔ:f faɪt)] 较棒

“jiaodi” exercise [“jiaodi” ‘eks:saiz] 角抵

“jiaoli” (trial of strength) [“jiaoli” (traɪəl əv streŋθ)] 角力

“jijian” (fencing) [“jijian” (‘fensi)] 击剑

“jingming” [“jingming”] 精明

“jiuwei” [“jiuwei”] 鸠尾

“jizhong” [“jizhong”] 脊中

joint [dʒɔɪnt] 关节

joint open [dɔɪnt ‘oupen] 关节松开

judge [dʒʌdʒ] 裁判员

jump [dʒʌmp] 跳, 跳步

Jump a Step and Twist Elbow

[dʒʌmp ə step ænd twist ‘elbou] 飞步拗弯肘

jump and kick with heel [dʒʌmp ænd kik wið hi:l] 腾空蹬腿

jump and spin lotus kick [dʒʌmp ænd spin ‘loutəs kik] 腾空转身摆莲

jump backward [dʒʌmp ‘bækwəd] 向后跃步

jump backward and chop downward

[dʒʌmp ‘bækwəd ænd tʃɒp ‘daunwəd] 后跳下劈

jump backward, spin weapon and chop

[dʒʌmp ‘bækwəd, spin ‘wepən ænd tʃɒp] 后跳抡劈

jump forward [dʒʌmp ‘fɔ:wəd] 向前跃步

jump high and kick to side with sole leading

[dʒʌmp hai ænd kik tu saɪd wið soul ‘li:diŋ] 腾空侧踹

jump into somersault [dʒʌmp ‘intu ‘sʌməsə:lt] 腾空跃起
滚翻

Jump, Roll Backward, Dive and Press

[dʒʌmp, rəʊl 'bækwəd, daɪv. ænd pres] 翻身扑虎
jump up and chop downward

[dʒʌmp ʌp ænd tʃɒp 'daʊnwəd] 跳起下劈

jumping ability [ˈdʒʌmpɪŋ ə'bli:ti] 弹跳力

Jumping Carp [ˈdʒʌmpɪŋ kɑ:p] 鲤鱼打挺

jumping cross kick [ˈdʒʌmpɪŋ krɒs kik] 腾空斜飞脚

jumping double front kick [ˈdʒʌmpɪŋ 'dʌbl frʌnt kik] 腾空双飞脚

jumping from the splits [ˈdʒʌmpɪŋ frəm ðə splits] 跳叉

jumping front kick [ˈdʒʌmpɪŋ frʌnt kik] 腾空飞脚

jumping heel kick [ˈdʒʌmpɪŋ hi:l kik] 腾空蹬腿

jumping movements [ˈdʒʌmpɪŋ 'mu:vmənts] 跳跃动作

jumping movement exercise

[ˈdʒʌmpɪŋ 'mu:vmənt 'eksəsaɪz] 跳跃动作练习

jumping side sole kick [ˈdʒʌmpɪŋ saɪd sɔ:l kik] 腾空侧踹

jumping snap kick [ˈdʒʌmpɪŋ snæp kik] 腾空箭弹

jumping spinning inside kick

[ˈdʒʌmpɪŋ 'spɪnɪŋ 'ɪn'saɪd kik] 旋风脚

jumping step [ˈdʒʌmpɪŋ step] 跳步

jumping up from lying position [ˈdʒʌmpɪŋ ʌp frəm 'laɪɪŋ
pə'ziʃən] 鲤鱼打挺

"juque" ["juque"] 巨阙

jury of appeal [ˈdʒʊəri əv ə'pi:l] 仲裁委员会

K

keep [ki:p] 保持

keep (body) balance [ki:p 'bædi 'bæləns] 保持身体平衡

keep buttocks in [ki:p 'bʌtəks in] 收臀

keep buttocks tucked in [ki:p 'bʌtəks 'tʌkt in] 收臀

keep stable position [ki:p 'steibl pə'ziʃən] 保持稳定姿势

keep stationary [ki:p 'steiʃənəri] 保持不动

key points [ki: pɔɪnts] 要领

key to the movement [ki: tu ðə 'mu:vmənt] 动作要领

kick [kɪk] 踢

kick according to opponent's posture

[kɪk ə'kɔ:diŋ tu ə'pəʊnənts 'pɒstʃə] 顺势踢

kick in defence [kɪk in di'fens] 踢腿防

kick (leg) [kɪk (leg)] 踢腿

kick sky with sole [kɪk skai wið soul] 朝天蹬

kick step [kɪk step] 击步

kick up [kɪk ʌp] 上踢

kick up with heel [kɪk ʌp wið hi:l] 朝天蹬

kick with back of foot [kɪk wið bæk əv fut] 用脚背踢

kick with heel [kɪk wið hi:l] 蹬腿，蹬一根（太极拳）

kick with heel leading [kɪk wið hi:l 'li:diŋ] 蹬脚

kick with left (right) leg [kɪk wið left (raɪt) leg] 左（右）

蹬脚

kick with right heel [kik wið rait hi:l] 右蹬一根 (太极拳)

kick with straight leg [kik wið streit leg] 直摆性腿法

kicking, striking, throwing and grasping

[ˈkikiŋ, ˈstraikiŋ, θrouiŋ ænd ˈgrɑ:spiŋ] 踢打摔拿

kinesthetic sensation [ˌkaini(:)sˈθetik sənˈseɪʃən] 肌肉运动
感觉

knee [ni:] 膝

knee-hollow hold throw [ni:-ˈhəlou hould θrou] 手蹙摔

knee-lift balance [ni:-lift ˈbæləns] 提膝平衡

knee lock [ni: lək] 抱膝

knee opponent's groin [ni: əˈpounənts grəiŋ] 以膝撞裆

knee-raising [ni:-ˈreiziŋ] 提膝

kneecap [ˈni:kʌp] 膝盖

kneel [ni:l] 跪

kneeling stance [ˈni:liŋ stæns] 跪步

kneeling step [ˈni:liŋ step] 跪步

knees turned inward [ni:z ˈtə:nd ˈinwəd] 掩膝

knock down [nək daun] 击倒

knuckle [ˈnʌkl] 指关节

“Kong” Style Boxing [ˈkɒŋ stail ˈbɒksiŋ] 孔门拳

“kung-fu” [ˈkʊŋ-fu] 功夫

L

lack of coordination [læk əv kou,ə:diˈneɪʃən] 不协调

lack of speed and force [læk əv spi:d ænd fə:s] 缓慢无力

lacking force ['lækiŋ fə:s] 劲力不足

“lan-na-zha” [“lan-na-zha”] 拦、拿、扎

land at ... [lənd æt ...] 向……位置落步

land on the ball of foot [lənd ɒn ðə bɔ:l əv fut] 以前脚掌
着地

“laogong” [“laogong”] 劳宫

large deflecting movements with moving steps

[la:dʒ di'flekʃiŋ 'mu:vmənts wið 'mu:viŋ steps] 大捋

Large Frame Eight Extremes Boxing

[la:dʒ freim eit iks'tri:mz 'bɒksiŋ] 大八级

Large-Frame Red Boxing [la:dʒ-freim red 'bɒksiŋ] 大红拳

large-twining hold [la:dʒ-'twainiŋ hould] 大缠

latent force ['leitənt fə:s] 含劲

Lazily Belting Clothes ['leizili 'beltiŋ 'klouðiz] 懒扎衣

Lazy About Tying Robe ['leizi ə'baut 'taiiŋ roub] 懒扎
衣

lean [li:n] 倾斜

lean and break with back [li:n ænd breik wið bæk] 背折靠

lean back [li:n bæk] 过桥摔

lean backwards [li:n 'bækwədʒ] 后倾

lean forward [li:n 'fɔ:wəd] 前倾

leaning force ['li:niŋ fə:s] 靠劲

leap [li:p] 跳, 跃步

leap in curved steps [li:p in kə:vɪd steps] 弧行步上跳

leaping step ['li:piŋ step] 跃步

left brush knee and twist step [left brʌʃ ni: ænd twist step]

左接膝拗步

left horizontal hook [left ,həri'zəntl huk] 左平勾拳

left (right) hook [left (rait) huk] 左(右)勾拳

left (right) hook kick [left (rait) huk kik] 左(右)勾踢

left (right) leg straightened [left (rait) leg 'streitnd] 左(右)

腿蹬直

left (right) lumbar region [left (rait) 'lʌmbə 'ri:dʒən] 左

(右)腰部

left (right) uppercut [left (rait) 'ʌpəkʌt] 左(右)上勾拳

left side [left said] 左侧

left (side) defence [left (said) di'fens] 防左

left-side defence riposte methods

[left-said di'fens ri'poust 'meθədʒ] 防左还击法

left sidestep [left 'saidstep] 左闪步

left straight followed by right hook

[left streit 'fələud bai rait huk] 左直拳接右勾拳

left style [left stail] 左势

leftward ['leftwəd] 在左边

leg [leg] 腿

leg exercise [leg 'eksəsaiz] 腿部练习

leg grip [leg grip] 抓腿

leg-hold throw [leg həʊld θrou] 抱腿摔

leg lock [leg lɒk] 夹腿

leg movement [leg 'mu:vmənt] 腿部动作

leg presses [leg p'resis] 搬腿

leg protector [leg prə'tektə] 护腿

leg-raise balance [leg-reiz 'blæləns] 控腿平衡

leg-swing speed [leg-swiŋ spi:d] 摆腿速度

leg technique [leg tek'ni:k] 腿法

legs apart [legz ə'pɑ:t] 分腿

legs crossed [legz-'krɒst] 两腿交叉

legs together [legz tə'geðə] 并腿

lie face down [lai feis daun] 俯卧

lie flat on the ... [lai flæt ɒn ðə ...] 身体……部位着地

lie flat on the belly [lai flæt ɒn ðə 'beli] 胸腹着地

lie on back and sweep whip under body

[lai ɒn bæk ænd swi:p hwip 'ʌndə 'bɒdi] 仰卧挺身下

扫鞭

lie on side [lai ɒn saɪd] 侧卧

lie on stomach ['lai ɒn 'stʌmək] 俯卧

lift and hold knee [lift ænd həʊld ni:] 提膝抱腿

lift and trip [lift ænd tri:p] 绊摔

lift elbow [lift 'elbəʊ] 抬肘

lift left knee [lift left ni:] 提左膝

lift foot in defence [lift fut in di'fens] 提脚防

lift head [lift hed] 抬头

lift knee and chop downward [lift ni: ænd tʃɒp 'daunwəd]

提膝下劈

lift knee and chop forward [lift ni: ænd tʃɒp 'fɔ:wəd] 提膝

前劈

lift knee and return kick [lift ni: ænd ri'tə:n kik] 提腿反踢

lift knee and stab head [lift ni: ænd stæb hed] 提膝刺头

lift leg [lift elg] 抬腿

lift leg for lower defence [lift leg fə: 'ləʊə di'fens] 提膝防下

lift right knee [lift rait ni:] 提右膝

lifting hold ['liftɪŋ hould] 抱起

light and steady [lait ænd 'stedɪ] 轻灵沉着

light blow [lait blou] 轻击

light-heavyweight [lait-'heviweit] 重量级

light-middleweight [lait-'midlweit] 中量级

light, swift and forceful [lait swift ænd 'fɔ:sful] 轻快有力

light weapon [lait 'wepən] 轻器械

lightweight ['laitweit] 轻量级

like flying clouds and flowing water

[laɪk 'flaɪɪŋ klaudz ænd 'flaʊɪŋ 'wɔ:tə] 似行云流水

likeness in both appearance and spirit

['laɪknɪs ɪn baʊθ ə'piərəns ænd 'spɪrɪt] 形象意真

limber ['limbə] 使柔软

limber up ['limbə ʌp] 准备活动

line of attack [laɪn əv ə'tæk] 进攻路线

link [lɪŋk] 连接

Linked Cannons [lɪŋkt 'kænənz] 连环炮

linked up smoothly [lɪŋkt ʌp 'smu:ðli] 连贯圆活

Lion Holds Ball ['laɪən houldz bɔ:l] 狮子抱球

Lion Rolls Ball ['laɪən roulz bɔ:l] 狮子滚球

list of competitors [lɪst əv kəm'petɪtəz] 参赛者名单

little finger ['lɪtl 'fɪŋgə] 小指

lock [lɒk] 抱, 夹

loins [ləɪnz] 腰

Long Boxing [lɒŋ 'bɒksɪŋ] 长拳

long distance [lɒŋ 'dɪstəns] 远距离

Long-Eared Sword Play [lɒŋ-ɪəd sɔ:d pleɪ] 长穗剑

long-handle broadsword [lɒŋ-'hændl 'brɔ:dsɔ:d] 大刀

long-handle spear [lɒŋ-hændl spiə] 大枪

long-hilt broadsword [lɒŋ-hit 'brɔ:dsɔ:d] 朴刀

long-hilt broadsword with rings [lɒŋ-hilt 'brɔ:dsɔ:d wɪð rɪŋz]

大环刀

long-hilt scimitar [lɒŋ-hilt 'sɪmɪtə] 春秋大刀

long-tassel sword [lɒŋ-'tæsəl sɔ:d] 长穗剑

long weapon [lɒŋ 'wepən] 长器械

look ahead and behind [lʊk ə'hed ænd bi'haind] 瞻前顾后

look-at-moon balance [lʊk-ət-mu:n 'bæləns] 望月平衡

look forward [lʊk 'fɔ:wəd] 眼看前方

look straight ahead [lʊk streɪt ə'hed] 向前平视

loosen ['lu:sn] 放松

loosen grip [lu:sn grip] 解脱

lose balance [lu:z 'bæləns] 平衡失去

lose correct posture [lu:z kə'rekt 'pɒstʃə] 失势

lose on points [lu:z ɒn pɔɪnts] 因分数落后而失败

lose one thing for another [lu:z wʌn θɪŋ fɔ: ə'nʌðə] 顾此

失彼

lose resistance ability [lu:z ri'zɪstəns ə'bɪlɪtɪ] 失去反抗能

力

- lotus kick [ˈləʊtəs kɪk] 摆莲腿
- loud and clear [laʊd ænd kliə] 清脆响亮
- low blow [ləʊ bləʊ] 击对方小腹以下部位
- low flight [ləʊ flait] 腾空不高
- low leg stretch [ləʊ leg streɪtʃ] 低压腿
- low position [ləʊ pəˈzɪʃən] 低势
- low posture [ləʊ ˈpɒstʃə] 低势
- low-pressure workout [ləʊ-ˈpreʃə ˈwə:kaut] 低强度训练
- low-stance press spear [ləʊ-stæns pres spiə] 扑枪
- lower [ˈləʊə] 降低
- lower back [ˈləʊə bæk] 腰
- lower-front [ˈləʊə-frʌnt] 前下方
- lower-left [ˈləʊə-left] 左下方
- lower-left defence [ˈləʊə-left diˈfens] 防左下
- lower-left defence riposte methods
[ˈləʊə-left diˈfens riˈpoust ˈmeθədz] 防左下还击法
- lower limb [ˈləʊə lim] 下肢
- lower-rear [ˈləʊə-riə] 后下方
- lower-right [ˈləʊə-rait] 右下方
- lower-right defence [ˈləʊə-rait diˈfens] 防右下
- lower-right defence riposte methods
[ˈləʊə-rait diˈfens riˈpoust ˈmeθədz] 防右下还击法
- lower-section [ˈləʊə-ˈsekʃən] 下盘
- lowered head and bent waist prove one's skill is not high
[ˈləʊəd hed ænd bent weɪst pru:v wʌnz sɪkl ɪz nɒt
haɪ] 低头猫腰，学艺不高。

lowest score [louist skə:] 最低分

lunge [lʌndʒ] 刺, 戳

"Luohan" Boxing ["Luohan" 'bɒksɪŋ] 罗汉拳

lure (in) [ljuə (in)] 引诱, 诱惑

Lying Boxing ['laiɪŋ 'bɒksɪŋ] 地躺拳

M

mace [meɪs] 铜

major schools ['meɪdʒə sku:lz] 主要流派

make a fist [meɪk ə fɪst] 握拳

make a sound [meɪk ə saʊnd] 发声

Mandarin Duck Boxing ['mændərɪn dʌk 'bɒksɪŋ] 鸳鸯拳

Mantis Style Boxing ['mæntɪs stɑɪl 'bɒksɪŋ] 螳螂拳

marshal calling ['mɑ:ʃəl 'kɔ:lɪŋ] 检录

martial ['mɑ:ʃəl] 军事的, 尚武的

martial artist ['mɑ:ʃəl 'ɑ:tɪst] 武术家

martial arts ['mɑ:ʃəl ɑ:ts] 武术

martial arts master ['ɑ:ʃəl ɑ:ts 'mɑ:stə] 武术家

mat roll [mæt rəʊl] 保护性滚翻

match [mætʃ] 回合、局

matwork ['mætwɜ:k] 垫上练习

means of attack [mi:nz əv ə'tæk] 技击手段

meanwhile ['mi:n'hwaɪl] 同时

medal awards ceremony ['medl ə'wɔ:dz seriməni] 授奖仪式

meet [mi:t] 交锋

meeting place ['mi:tiŋ pleis] 集合地点

"meichong" ["meichong]" 眉冲

men's individual all-round title

['menz ɪndi'vidʒuəl ə:l-raund 'taɪtl] 男子全能冠军

Men's Intermediate Class Boxing

['menz ɪntə(:) 'mi:diət kla:s 'bɒksɪŋ] 男子乙组拳

messy footwork ['mesi 'futwə:k] 步法错乱

meteor hammer ['mi:tjə 'hɑ:mə] 流星锤

meteor stake exercise ['mi:tjə steɪk 'eksəsaɪz] 流星桩

method of attack ['meθəd əv ə'tæk] 攻击手段

method of delivering a blow ['meθəd əv di'livəɪŋ ə bləʊ]

击法

methods of applying force ['meθədz əv əp'laɪɪŋ fɔ:s] 用劲

方法

methods of defence ['meθədz əv di'fens] 防守方法

method of ordering events ['meθəd əv 'ɔ:dəɪŋ i'vents] 编

排方法

mid-section [mɪd-'sekʃən] 中盘

middle finger ['mɪdl 'fɪŋgə] 中指

middle-section ['mɪdl-'sekʃən] 中节

middleweight ['mɪdlweɪt] 次重量级

Mill Around and Kick [mɪl ə'raʊnd ænd kɪk] 磨身踢脚

Mind and Will Boxing [maɪnd ænd wɪl 'bɒksɪŋ] 心意拳

Mind and Will Six-Conformities Boxing

- [maɪnd ænd wɪl sɪks-kən'fə:mitɪz 'bɒksɪŋ] 心意六合拳
 “mingmen” [“mingmen”] 命门
 minute [ˈmɪnɪt] 分
 misjudge [ˈmɪs'dʒʌdʒ] 错误
 miss (movement) [mɪs (ˈmu:vmənt)] 遗忘
 mistake [mɪs'teɪk] 失误
 Monkey Broadword Play [ˈmʌŋki 'brɔ:dsə:d pleɪ] 猴刀
 Monkey Climbs Branch [ˈmʌŋki klaimz brɑ:ntʃ] 猿猴
 蹬枝
 Monkey Climbs Rope [ˈmʌŋki klaimz roup] 猿猴叨绳
 Monkey Climb Pole [ˈmʌŋki klaimz pəʊl] 猿猴爬竿
 Monkey Cudgelplay [ˈmʌŋki 'kʌdʒəlpleɪ] 猴棍
 Monkey Exercises [ˈmʌŋki 'eksəsaɪzɪz] 猴形
 Monkey Hangs Seal [ˈmʌŋki 'hæŋz si:l] 猿猴挂印
 Monkey Pulls Down Branches [ˈmʌŋki pulz 'daʊn
 brɑ:ntʃɪz] 猿猴搬枝
 Monkey Style Boxing [ˈmʌŋki stɑɪl 'bɒksɪŋ] 猴拳
 mouth [maʊθ] 嘴巴
 mouth-guard [maʊθ-gɑ:d] 护齿
 move down [mu:v daʊn] 下移
 move fast like a gust of wind [mu:v fɑ:st laɪk ə gʌst əv wɪnd]
 快如风
 move like an ocean wave [mu:v laɪk ən 'oʊʃən weɪv] 动如涛
 move slowly like a soaring eagle
 [mu:v 'sləʊli laɪk ə 'sɔ:riŋ 'i:gl] 缓如鹰
 move up [mu:v ʌp] 上移

movement ['mu:vmənt] 动作

movement analysis ['mu:vmənt ə'næləsis] 动作分析

movement at tips, control at waist

['mu:vmənt ət tips, kən'trəʊl ət weɪst] 运动在梢,
机关在腰

movement difficulty ['mu:vmənt 'dɪfɪkəlti] 动作难度

movement in the body; will in the heart

['mu:vmənt ɪn ðə 'bɒdi; wɪl ɪn ðə hɑ:t] 运动在身,
用意在心。

movement sequence ['mu:vmənt 'si:kwəns] 动作次序

movement specification ['mu:vmənt ,spesɪfɪ'keɪʃən] 动
作规格

movement standard ['mu:vmənt 'stændəd] 动作规格

moving position ['mu:vɪŋ pə'zɪʃən] 动势

multiple-edge weapon ['mʌltɪpl-edʒ 'wepən] 多刃兵器

muscular strength ['mʌskjʊlə streŋθ] 肌肉力量

muscle control ['mʌsl kən'trəʊl] 肌肉控制

muscle relaxation ['mʌsl ,ri:læk'seɪʃən] 肌肉放松

muscle tension ['mʌsl 'tenʃən] 肌肉紧张

mutual attack ['mju:tʃuəl ə'æk] 互击

N

name [neɪm] 姓名

“naohu” [“naohu”] 脑户

nape of neck [neip əv nek] 后颈(项)

national cultural heritage [ˈnæʃənəl ˈkʌltʃərəl ˈherɪtɪdʒ] 民族文化遗产

natural breathing [ˈnætʃərəl ˈbriːðɪŋ] 自然呼吸

national judge [ˈnæʃənəl dʒʌdʒ] 国家级裁判员

Natural School [ˈnætʃərəl sku:l] 自然门

National “Wushu” Competition

[ˈnæʃənəl ˈwʊʃu ˈkəmpiːtɪʃən] 全国武术比赛

naturally relaxed and calm [ˈnætʃərəli riˈlæksəd ənd kɑ:m]

松静自然

navel [ˈneɪvəl] 脐

near [niə] 接近, 靠近

near end [niə end] 近端

near side [niə saɪd] 近侧

neck [nek] 颈

neck guard [nek gɑ:d] 护颈

Needle at the Bottom of the Sea

[ˈni:dl ət ðə ˈbɒtəm əv ðə si:] 海底针

negative element [ˈnegətɪv ˈelɪmənt] 阴

“neiguan” [“neiguan”] 内关

“Neijia” Boxing [“neijia” ˈbɒksɪŋ] 内家拳

neither separate nor make forcible contact

[ˈnaɪðə ˈsepəreɪt nə: meɪk ˈfɔ:səbl ˈkɒntækt] 不丢不顶

neutralize [ˈnju:trəlaɪz] 化解

neutralize opponent's force point

[ˈnju:trəlaiz əˈpounənts fə:s pɔɪnt] 使对方的力点落空
neutralizing force [ˈnju:trəlaiziŋ fə:s] 化劲

New-Form (“Chen” Style “Taijiquan”)

[nju:-fə:m (“chen” Stail “taijiquan”)]

新架 (陈式太极拳)

Night Fighting Broadsword Play

[nait ˈfaitiŋ ˈbrɔ:dsɔ:d plei] 夜战刀

Night walking Broadsword Play

[nait ˈwɔ:kiŋ ˈbrɔ:dsɔ:d plei] 夜行刀

nimble and swift [ˈnimbl ænd swɪft] 轻灵敏捷

nine-section whip [nain-sekʃən hwɪp] 九节鞭

nine-segment whip [nain-ˈsegment hwɪp] 九节鞭

ninety degrees body turns

[ˈnainti diˈgri:z ˈbɒdi tə:nz] 转体90度

no separation [nou sepəˈreɪʃən] 不丢

nobody knows me, while I know everybody

[ˈnou bɒdi nouz mi, hwail ai nou ˈevribɒdi] 人不知
我，我独知人。

norm of movement [nɔ:m əv ˈmu:vmənt] 动作规格 (标
准)

nose [nouz] 鼻

not lose opponent [nɒt lu:z əˈpounənt] 不丢

Novice Class Boxing [ˈnɒvɪs klɑ:s ˈbɒksiŋ] 初级拳术

number [ˈnʌmbə] 号码

number of matches (completed)

[ˈnʌmbə əv ˈmætʃɪz (kæmpˈli:tɪd)] 比赛场数

oblique [ə'bli:k] 斜的

Oblique Brush Knee and Twist Step

[ə'bli:k brʌʃ ni: ænd twist step] 斜搂膝拗步

oblique forward step [ə'bli:k 'fə:wəd step] 斜上步

oblique kick [ə'bli:k kik] 斜踢腿

oblique stab with sword [ə'bli:k stæb wið sɔ:d] 斜刺剑

oblique thrust [ə'bli:k θrʌst] 斜刺

offense and defense techniques

[ə'fens ænd di'fens tek'ni:ks] 攻防技术

offensive action [ə'fensiv ækʃən] 进攻动作 (姿势)

Old-Form ("Chen"-Style "Taijiquan")

[ould fə:m ("chen" stail "taijiquan")] 老架 (陈式太极拳)

old "wushu" master [ould "wushu" 'mɑ:stə] 老拳师

on-guard position [ən-gɑ:d pə'ziʃən] 实战姿势

oncoming force [ən':ʌmiŋ fə:s] 来劲

oncoming force strikes emptiness

[ən'kʌmiŋ fə:s straiks 'emptinis] 引进落空

one-arm cartwheel [wʌn-ɑ:m 'kɑ:thwi:l] 单臂侧手翻

one-foot upright spin [wʌn-fut 'ʌprait spin] 单脚直立旋

转

one hundred and eighty degrees body turns in the air

[wʌn ˈhʌndrəd ænd ˈeiti diˈɡriːz ˈbɒdi təːnz in ðiː eə]

空中转体180度

one-two [wʌn-tu] 左右连续攻击

only after punching one thousand punches will body work
be natural

[ˈoʊnli ˈɑːftə ˈpʌntʃɪŋ wʌn θauzənd pʌntʃɪz wil ˈbɒdi

wɜːk bi ˈnætʃərəl] 拳打千遍，身法自然

Open Door Eight Extremes Boxing

[ˈoʊpən dɔː eit iksˈtriːmz ˈbɒksɪŋ] 开门八极

open on-guard position [ˈoʊpən ən-gɑːd pəˈziʃən] 空挡

open up [ˈoʊpən ʌp] 做假动作造成对方漏空

opening [ˈoʊpənɪŋ] 空挡（防守不严而造成的）

Opening Boxing [ˈoʊpənɪŋ ˈbɒksɪŋ] 开拳

opening ceremony [ˈoʊpənɪŋ ˈseriməni] 开幕式

opening march [ˈoʊpənɪŋ mɑːtʃ] 入场式

opponent [əˈpounənt] 对手，对方

opposite direction [ˈɒpəzɪt diˈrekʃən] 反方向

opposite (side) [ˈɒpəzɪt (saɪd)] 对侧的

opposition [ˌɒpəˈziʃən] 对抗

Optional Boxing [ˈɒpʃənəl ˈbɒksɪŋ] 自选拳

Optional Routine (set) [ˈɒpʃənəl ruːˈtiːn (set)] 自选套路

order of events [ˈɔːdə əv iˈvents] 项目编排

order of finish [ˈɔːdə əv ˈfɪnɪʃ] 名次排列

organizing committee [ˈɔːgənaɪzɪŋ kəˈmɪti] 组织委员会

originate from [əˈrɪdʒɪneɪt frəm] 起源于

other boxing styles ['ʌðə 'bɒksɪŋ stailz] 其它拳术

other weapons ['ʌðə 'wepənz] 其它器械

oust [aʊst] 打败

outclass ['aʊtklɑ:s] 击败对方, 取胜

outer ankle ['aʊtə 'æŋkl] 外踝

outer thigh ['aʊtə θaɪ] 大腿外侧

outpoint ['aʊt'pɔɪnt] 得分超过对手

outscore ['aʊtskɔ:] 分数领先

outside ['aʊt'saɪd] 外侧

Outside Bent-Elbow Over Head Whip Lashing

['aʊt'saɪd bent-'elbou 'ouvə hed hwɪp 'læʃɪŋ] 过头外拐

肘鞭

outside boundary ['aʊt'saɪd 'baʊndəri] 出界

outside circle ['aʊt'saɪd 'sə:kl] 圈外

outside crotch-hold ['aʊt'saɪd krɒtʃ-'hould] 外侧抱腿

outside kick ['aʊt'saɪd kɪk] 外摆腿

outside of right (left) elbow

['aʊt'saɪd əv raɪt (left) 'elbou] 右(左)肘外侧

outside parry ['aʊt'saɪd 'pæri] 外侧格挡

outstanding style ['aʊtstændɪŋ stail] 风格突出

outward ['aʊtwəd] 向外, 外部的

outward grab ['aʊtwəd græb] 搂手

outward parry ['aʊtwəd 'pæri] 外格

over and over ['ouvə ənd 'ouvə] 反复地

over-head block with broadsword

['ouvə-hed blɒk wɪð 'brɔ:dsɔ-d] 刀架

overcome a weight of 1,000 pounds with four ounces

[ˈouvəkəm ə weɪt əv waɪn ˈθaʊzənd paʊndz wið

fɔː ˈaʊnsɪz] 四两拨千斤

overhead [ˈouvəhed] 头上的, 在头顶上

overhead block with cudgel [ˈouvəhed blɒk wið ˈkʌdʒəl]

托棍

overhead block with spear [ˈouvəhed blɒk wið spiə] 托枪

overhead block with sword [ˈouvəhed blɒk wið sɔːd] 架剑

overreach [ˈouvəri:tʃ] 失去平衡

overtense [ˈouvətens] 过度紧张

overtrain [ˈouvətreɪn] 训练过度

ox-heart crutch [ɒks-hɑːt krʌtʃ] 牛心拐

P

Paired Long Boxing Practice [peəd lɒŋ ˈbɒksɪŋ ˈpræktɪs]

长拳对练

paired practice [peəd ˈpræktɪs] 对练

palm [pɑːm] 掌

palm block [pɑːm blɒk] 架掌

palm chop [pɑːm tʃɒp] 劈掌

palm downward [pɑːm ˈdaʊnwəd] 俯掌

palm facing in (up, down, out)

[pɑːm ˈfeɪsɪŋ ɪn (ʌp, daʊn, aʊt)] 掌心向内(上、下、

外)

palm form [pɑ:m fə:m] 掌型

palm method [pɑ:m 'meθəd] 掌法

palm-pushing [pɑ:m 'puʃɪŋ] 推掌

palm slice [pɑ:m slais] 斩手

palm techniques [pɑ:m tek'ni:ks] 掌法

pant [pænt] 喘气

"Paochui" Boxing ["paochui" 'bɒksɪŋ] 炮捶(拳)

parry ['pæri] 格挡

parry a blow ['pæri ə blou] 避开打击

parry and riposte ['pæri ænd ri'poust] 防守与还击

parry and strike ['pæri ænd straɪk] 格打

parry in defence ['pæri ɪn dɪ'fens] 格防

parry inward with spear ['pæri 'ɪnwəd wɪð spiə] 拿枪

parry outward with spear ['pæri 'aʊtwəd wɪð spiə] 拦枪

parry with broadsword ['pæri wɪð 'brɔ:dsɔ:d] 格刀

parry with cudgel ['pæri wɪð 'kʌdʒəl] 格棍

parry with elbow ['pæri wɪð 'elbou] 肘格

parry with end of cudgel ['pæri wɪð end əv 'kʌdʒəl] 挂把

parry with spear ['pæri wɪð spiə] 拨枪

parry-upward ['pæri 'ʌpwəd] 向上格挡

part [pɑ:t] 分段, 趟, 部分

Part-Time "Wushu" School [pɑ:t-taɪm "wʊʃu" sku:l]

半日制武术学校

Parting the Wild Horse's Mane

[pɑ:tiŋ ðə waɪld 'hɔ:sɪz meɪn] 野马分鬃

partner ['pɑ:tənə] 陪练者

pass [pɑ:s] 经过, 通过, 合格, 出线

pass on [pɑ:s ən] 传授

passing to the inside of ... ['pɑ:sɪŋ tu ði: 'ɪnsaɪd əv ...]

经...内侧

passing to the outside of ...

['pɑ:sɪŋ tu ði: 'aʊt'saɪd əv ...] 经...外侧

pat high on the horse [pæt haɪ ən ðə hɔ:s] 高探马

Patting to Striking Exercise ['pætɪŋ tu 'straɪkɪŋ 'eksəsaɪz]

拍打功

pay attention to [peɪ ə'teɪʃən tu] 注意

penalize ['pi:nəlaɪz] 扣分

penalty ['penltɪ] 扣分

penetrate opponent's defence

['penɪtreɪt ə'pəʊnənts dɪ'fens] 冲破对方防线

perfect ['pə:fɪkt] 完美的, 熟练的

perfect timing ['pə:fɪkt 'taɪmɪŋ] 及时

performance over allotted time

[pə'fɔ:məns 'əʊvə ə'lɒtɪd taɪm] 时间超出规定

performance short of allotted time

[pə'fɔ:məns ʃɔ:t əv ə'lɒtɪd taɪm] 时间不足规定

performer [pə'fɔ:mə] 表演者, 演练者

Phoenix Spreads Its Wings ['fi:nɪks spredz ɪts wɪŋz] 凤凰

展翅

physical fatigue ['fɪzɪkəl fə'ti:g] 身体疲劳

physical strain ['fɪzɪkəl streɪn] 身体疲劳

pick-up [pik-ʌp] 抱起

pierce [piəs] 刺

pierce with spear [piəs wið spiə] 穿枪

pierce with sword [piəs wið sə:d] 穿剑

piercing palm [ˈpiəsɪŋ pɑ:m] 穿掌

“Pigua” Boxing [ˈpiɡua ˈbɒksɪŋ] 劈挂拳

pike [paɪk] 矛

“pishu” [ˈpɪʃu] 脾俞

pivot on ... [ˈpɪvət ɒn ...] 以...为轴

pivot on heel [ˈpɪvət ɒn hi:l] 以脚跟为轴

pivot on the ball of foot [ˈpɪvət ɒn ðə bɔ:l əv fut] 以脚掌为轴

place [pleɪs] 地点

place feet together [pleɪs fi:t təˈgeðə] 并步

place of origin [pleɪs əv ˈɒrɪdʒɪn] 发源地

place on ... [pleɪs ɒn ...] 置于...

platform [ˈplætʃə:m] 比赛台(擂台)

play [pleɪ] 表演, 演练

player [pleɪə] 运动员

pliability [plaɪəˈbɪlɪti] 柔韧性

Plum-Blossom Mantis Boxing

[plʌm-ˈblɒsəm ˈmæntɪs ˈbɒksɪŋ] 梅花螳螂拳

Plum Blossom Stake Exercise [plʌm ˈblɒsəm steɪk ˈeksəsaɪz]

梅花桩

Plum Blossoms Scattered By the Wind

[plʌm ˈblɒsəmz ˈskætəd baɪ ðə wind] 风扫梅花

point [pɔɪnt] 指向, 点, 分, 指点
 point broadsword [pɔɪnt 'brɔ:dsɔ:d] 点刀
 point kick [pɔɪnt kik] 点腿
 point of attack [pɔɪnt əv ə'tæk] 攻击目标
 point of attention [pɔɪnt əv ə'tenʃən] 要点 (要领)
 point of spear [pɔɪnt əv spiə] 枪尖
 point scale [pɔɪnt skeil] 评分标准
 point spear [pɔɪnt spiə] 点枪
 Point Sword With Feet Together [pɔɪnt sɔ:d wið fi:t tə'geðə]

并步点剑

point to remember [pɔɪnt tu ri'membə] 要领
 point with cudgel [pɔɪnt wið 'kʌdʒəl] 点棍
 point with sword [pɔɪnt wið sɔ:d] 点剑
 points table [pɔɪnts 'teibl] 评分表
 poke cudgel [pəʊk 'kʌdʒəl] 戳棍
 poor coordination [puə kou,ɔ:di'neiʃən] 不协调
 pose [pəʊz] 摆姿势
 position [pə'ziʃən] 姿势
 positive element ['pəzətɪv 'elɪmənt] 阳
 posture ['pɔstʃə] 姿势
 pound ground with fist [paʊnd graʊnd wið fist] 击地捶
 power ['paʊə] 劲力
 Power Boxing {'paʊə 'bɒksɪŋ] 功力拳
 power focussed at tip of foot ['paʊə fəʊkst ət tip əv fut]

力达脚尖

power is focussed at heel ['paʊə ɪz fəʊkst ət hi:l] 力达脚跟

powerful drive of leg ['paʊəfʊl draɪv əv leg] 后蹬有力
practice makes perfect ['præktɪs meɪks 'pə:fɪkt] 熟能生巧
practical application ['præktɪkəl ,æpli'keɪʃən] 用法
practical application of broadsword

['præktɪkəl ,æpli'keɪʃən əv 'brɔ:dsɔ:d] 刀的技法
practical application of cudgel

['præktɪkəl ,æpli'keɪʃən əv 'kʌdʒəl] 棍的技法
practical application of spear ['præktɪkəl ,æpli'keɪʃən əv
spiə] 枪的技法

practical application of sword

['præktɪkəl ,æpli'keɪʃən əv sɔ:d] 剑的技法
practical attacking techniques ['præktɪkəl ə'tækiŋ tek'ni:ks]

实用技法

practical fault ['præktɪkəl fɔ:lt] 方法错误

practitioner ['præksjənə] 练习者

practise both the internal and the external

['præktɪs bouθ ði: in'tə:nəl ænd ði: eks'tə:nəl] 内外兼修
practise with assistance ['præktɪs wið ə'sistəns] 保护帮助

练习

Praise Spring Boxing [preɪz sprɪŋ 'bɒksɪŋ] 咏春拳

Praising Spring Broadsword play

['preɪzɪŋ sprɪŋ 'brɔ:dsɔ:d pleɪ] 咏春刀

preparatory form [pri'pærətəri fɔ:m] 预备势

preparatory position [pri'pærətəri pə'ziʃən] 预备势

President of the "Wushu" Association

[prezɪdənt əv ðə "wushu" ə,sousi'eɪʃən] 武协主席

press [pres] 按、压

press against opponent [pres ə'geinst ə'pounənt] 身体
贴靠对方

press bridge [pres brɪdʒ] 压桥

press broadsword [pres 'brɔ:dsɔ:d] 按刀

press down [pres daʊn] 下按

press elbow [pres 'elbəʊ] 压肘

press in defence [pres in di'fens] 压防

press knee in defence [pres ni: in di'fens] 按膝防

press leg at side [pres leg ət saɪd] 侧压腿

press leg down in defence [pres leg daʊn in di'fens] 压腿防

press leg from behind [pres leg frəm bi'haind] 后搬腿

press leg from front [pres leg frəm frʌnt] 正搬腿

press leg from side [pres leg frəm saɪd] 侧搬腿

press leg [pres leg] 压腿

press palm [pres pɑ:m] 盖掌，按掌

press with cudgel [pres wið 'kʌdʒəl] 压棍

pressing force ['presɪŋ fɔ:s] 按劲

pressing form ['presɪŋ fɔ:m] 按式

pressing movement ['presɪŋ 'mʊ:vmənt] 按

pressure glide ['preʃə glaid] 压滑进攻

prevent [pri'vent] 防止，阻挡

Primary Class Routine [p'raɪməri klɑ:s ru:'ti:n] 初级套路

principal channels ['prɪnsəpəl tʃænlz] 经络

principle of practice ['prɪnsəpl əv 'præktɪs] 练习原则

prize [praɪz] 奖品

program ['prougræm] 秩序册
 progression [præg'reʃən] 循序渐进
 protect [prə'tekt] 防守, 保护
 protect head [prə'tekt hed] 护头
 protecting crotch step [prə'tektɪŋ krɒtʃ step] 护裆步
 protective clothing [prə'tektiv kləʊðɪŋ] 护具
 protective gear [prə'tektiv ɡiə] 护具
 psychological training [saɪkə'lɒdʒɪkəl 'treɪnɪŋ] 心理训练
 public results board ['pʌblɪk rɪ'zʌltz bɔ:d] 成绩公布栏
 public "wushu" organization

['pʌblɪk "wushu" ɔ:gənəɪ'zeɪʃən] 民间武术组织

pugilist ['pju:dʒɪlɪst] 拳师
 pull [pul] 拉, 拔
 pull back spear [pul bæk spiə] 拉枪
 pull back the leg [pul æk ðə leg] 收腿
 pull fist back [pul fɪst bæk] 收拳
 pull in abdomen [pul ɪn 'æbdəmen] 收腹
 pull out of the fire [pul aʊt əv ðə faɪə] 反败为胜
 punch [pʌntʃ] 击, 用拳打
 punch downward [pʌntʃ 'daʊnwəd] 下冲拳
 punch fist [pʌntʃ fɪst] 拳冲
 punch fist and kick with heel

[pʌntʃ fɪst ænd kɪk wɪð hi:l] 蹬腿冲拳

punch fist downward in T-step

[pʌntʃ fɪst 'daʊnwəd ɪn ti:-step] 丁步下冲拳

punch under elbow [pʌntʃ 'ʌndə 'elbəʊ] 肘底捶

punch upward [pʌntʃ 'ʌpwəd] 上冲拳

punching bag [ˈpʌntʃɪŋ bæɡ] 练习袋

punching drill [ˈpʌntʃɪŋ drɪl] 击打练习

punching power [ˈpʌntʃɪŋ ˈpaʊə] 冲拳力量

punching with fists and kicking with legs

[ˈpʌntʃɪŋ wɪð fɪsts ænd ˈkɪkɪŋ wɪð legz] 拳打脚踢

pursuing attack [pəˈsju:ɪŋ əˈtæk] 追击

push [puʃ] 推, 挤

push and press [puʃ ænd pres] 推按

push and thrust in bow step [puʃ ænd θrʌst ɪn baʊ steɪp]

弓步推刺

push away [puʃ əˈwei] 推开

Push Both Hands [puʃ baʊθ hændz] 推双手

push broadsword [puʃ ˈbrɔ:dsɔ:d] 推刀

push down [puʃ daʊn] 下势

Push Down and Stand on One Leg

[puʃ daʊn ænd stænd ɒn wʌn leg] 独立下势

push elbow [puʃ ˈelbəʊ] 顶肘

push elbow in defence [puʃ ˈelbəʊ ɪn dɪˈfens] 托肘防

push-hand [puʃ-hænd] 推手

push-hand exercise [puʃ-hænd ˈeksəsaɪz] 推手练习

push-hand exercises with free moving steps

[puʃ-hænd ˈeksəsaɪzɪz wɪð fri: ˈmu:vɪŋ steɪps] 活步推手

push in defence [puʃ ɪn dɪˈfens] 推防

push jaw [puʃ dʒɔ:] 推下颌

push off rear leg [puʃ ə(:)f rɪə leg] 后腿蹬地

push out [puʃ aʊt] 外推

push palm [puʃ pɑ:m] 推掌

push to the left and chop forward in bow step

[puʃ tu ðə left ænd tʃɒp 'fə:wəd in bəʊ step] 弓步左推前劈

push to the right and chop forward in bow step

[puʃ tu ðə rait ænd tʃɒp 'fə:wəd in bəʊ step] 弓步右推前劈

push-up [puʃ-ʌp] 俯卧撑

push with cudgel [puʃ wið 'kʌdʒəl] 推棍

push with end of cudgel [puʃ wið end əv 'kʌdʒəl] 推把

pushing force ['puʃɪŋ fɔ:s] 挤劲

pushing form ['puʃɪŋ fɔ:m] 挤式

pushing movement ['puʃɪŋ 'mu:vmənt] 挤

Python Turns Over ['paɪθən tə:nz 'əʊvə] 大蟒翻身

Q

“qi” [“qi”] 气

“Qi-Gong” [“qi-gong”] 气功

“qi” flows to “dántian” [“qi” fləʊz tu “dantian”] 气沉丹

田

“qichong” [“qichong”] 气冲

“qihai” [“qihai”] 气海

“qimen” [“qimen”] 期门
 “Qingping” Swordplay [“qingping” ‘sə:dplei] 青萍剑
 “qixue” [“qixue”] 气穴
 qualify [‘dwəlɪfai] 合格, 出线
 qualify for finals [‘kwəlɪfai fə: ‘fainlz] 取得决赛权
 quality of movement [‘kwəlɪti əv ‘mu:vmənt] 动作质量
 “Quanshu” [“quanshu”] 拳术
 “quchi” [“quchi”] 曲池
 quick and forceful [kwɪk ænd ‘fɔ:sfʊl] 迅速有力
 quiescent [kwai‘esnt] 静
 “quze” [“quze”] 曲泽

R

raise cudgel [reiz ‘kʌdʒəl] 举棍
 raise cudgel with straight arm [reiz ‘kʌdʒəl wið streɪt ɑ:m]
 挑棍
 Raise Hands and Step Up [reiz hændz ænd step ʌp] 提手
 上势
 raise head [reiz hed] 抬头
 Raise Knee and Thread Palm [reiz ni: ænd θred pɑ:m] 提
 膝穿掌
 raise spear with straight arm [reiz spiə wið streɪt ɑ:m] 挑
 枪

raise sword [reɪz sɔ:d] 提剑
 raise sword with straight arm [reɪz sɔ:d wið streɪt ɑ:m] 挑剑
 rake [reɪk] 耙
 range of movement [reɪndʒ əv 'mu:vmənt] 动作幅度
 rang of swing [reɪndʒ əv swɪŋ] 摆动幅度
 ranking list ['ræŋkɪŋ list] 名次排列表
 rapier ['reɪpiə] 剑
 re-perform [ri:-pə'fɔ:m] 重做
 reach out palm [ri:tʃ aʊt pɑ:m] 探掌
 Reach Straight into Well [ri:tʃ streɪt 'ɪntu wel] 井搅直入
 ready ['redi] 准备
 ready movement ['redi 'mu:vmənt] 准备动作
 ready position ['redi pə'zɪʃən] 预备势
 real fighting [riəl 'faɪtɪŋ] 实战
 rear [riə] 后面的
 rear leg press [riə leg pres] 后压腿
 rear-left [riə-left] 左后方
 rear-right [riə-rait] 右后方
 rear pivot [riə 'pɪvət] 后转身
 record keeper [ri'kɔ:d 'ki:pə] 记录员
 Red Boxing [red 'bɒksɪŋ] 红拳
 redoublement [ri(:)'dʌblmənt] 连续进攻
 regulation [regju'leɪʃən] 规则, 规章
 relax and drop elbows [ri'læks ænd drɒp 'elbəʊz] 两肘松垂
 relax entire body [ri'læks ɪn'taɪə 'bɒdi] 全身放松

relax shoulders [ri'læks 'ʃouldəz] 松肩
 relax waist [ri'læks weɪst] 松腰
 relax whole body [ri'læks haʊl 'bɒdi] 全身放松
 relaxed force [ri'læks t fɔ:s] 松劲
 relaxed kicking [ri'læks t 'kɪkɪŋ] 放松踢
 release [ri'li:s] 放松, 释放
 release force [ri'li:s fɔ:s] 发力
 release force smoothly [ri'li:s 'fɔ:s 'smu:ðli] 劲力顺达
 release hold [ri'li:s haʊld] 解脱
 remain [ri'mein] 保持
 remain stationary [ri'mein 'steɪʃənəri] 保持不动
 "ren" channel ["ren" tʃænl] 任脉
 "renzhong" ["renzhɒŋ"] 人中
 repeat [ri'pi:t] 重复, 重做
 repeatedly [ri'pi:tɪdli] 反复地
 repetition training [ˌrepi'tɪʃən 'treɪnɪŋ] 重复训练
 require [ri'kwaɪə] 要求
 Required Boxing [ri'kwaɪəd 'bɒksɪŋ] 规定拳
 required event [ri'kwaɪəd i'vent] 规定项目
 required routine (set) [ri'kwaɪəd ru:'ti:n (set)] 规定套路
 resist [ri'zɪst] 抵抗, 对抗
 resistance ability [ri'zɪstəns ə'bɪləti] 反抗能力
 resting stance [ˌrestɪŋ stæns] 歇步
 restricted area [rɪ'strɪktɪd 'eəriə] 禁击部位
 result [ri'zʌlt] 成绩
 retain straight posture [ri'tein streɪt 'pɒstʃə] 保持伸直状

态

- retaliate [ri'tælieit] 反击
- retire [ri'taɪə] 后退, 退却, 弃权
- retreat [ri'tri:t] 退步
- retreat in defence [ri'tri:t in di'fens] 退防
- retrieve to [ri'tri:v tu] 收回...位置
- return [ri'tə:n] 还击
- return a kick for a kick [ri'tə:n ə kik fə: ə kik] 以踢还踢
- return to [ri'tə:n tu] 收回...位置
- reverse arm-lock [ri'və:s a:m-lək] 反夹臂
- reverse arm-throw [ri'və:s a:m-θru] 反夹臂背摔
- reverse circle [ri'və:s 'sə:kl] 后绕环
- reverse direction [ri'və:s di'rekʃən] 反方向
- reverse figure-8 [ri'və:s 'figə-eit] 提撩舞花
- reverse grip [ri'və:s grip] 反握
- reverse lean back throw [ri'və:s li:n bæk θrou] 反抱肩颈

过桥摔

- reverse pivot [ri'və:s 'pivət] 后转身
- reverse thrust [ri'və:s θrəst] 倒插
- reverse twining [ri'və:s 'twainiŋ] 逆缠
- rhythm clear ['riðəm kliə] 节奏分明
- rhythm of movement ['riðəm əv 'mu:vmənt] 动作节奏
- rib [rib] 肋
- rich contents [ritʃ 'kɒntents] 内容丰富
- Riding the Kylin Backwards
- [ˈraɪdɪŋ ðə ˈkailɪn ˈbækwədz] 倒骑麟

- Riding-Two-Tigers Boxing** ['raidiŋ-tu-'taigəz 'bɒksɪŋ] 双
跨虎拳
- Right and Left Golden Cock Stands on One Leg**
[rait ænd left 'gouldən kɒk stændz ɒn wʌn leg] 左右
金鸡独立
- right brush knee and twist step** [rait brʌʃ ni: ænd twist step]
右搂膝拗步
- right horizontal hook** [rait ,hɔri'zɒntl huk] 右平勾拳
- right oblique step** [rait ə'bli:k step] 右斜步
- right side** [rait said] 右侧
- right (side) defence** [rait (said) di'fens] 防右
- right-side defence riposte methods**
[rait-said di'fens ri'poust 'meθədz] 防右还击法
- right sidestep** [rait 'saidstep] 右闪步
- right style** [rait stail] 右势
- rightward** ['raitwəd] 在右边
- ring** [riŋ] 环, 铁环
- ring finger** [riŋ 'fiŋgə] 无名指
- ringside judge** ['riŋsaid 'dʒʌdʒ] 评分裁判员
- riposte** [ri'poust] 还击, 回刺
- riposte while jumping backward**
[ri'poust ,hwail 'dʒʌmpiŋ 'bækwəd] 后跳还击
- rise and fall** [raiz ænd fɔ:l] 起伏
- riseup** ['raizʌp] 起身
- rising, falling, turning and folding**
['raiziŋ, 'fɔ:liŋ, 'tɜ:niŋ ænd 'fouldiŋ] 起伏转折

roll [roul] 滚翻

roll bridge [roul brɪdʒ] 滚桥

roll call [roul kɔ:l] 点名

roll elbow [roul 'elbow] 滚肘

roll forearm [roul 'fɔ:rɑ:m] 滚桥

roll over jump [roul 'ouvə dʒʌmp] 翻身跳

Rolling Double Broadwords play

[ˈroulɪŋ dʌbl 'brɔ:dsə:dz pleɪ] 滚堂双刀

Rooster Exercise [ˈru:stə 'eksəsaɪz] 鸡形

rope-dart [roup-da:t] 绳镖

rotate [rou'teɪt] 转

Rotate Palm [rou'teɪt pɑ:m] 片旋掌

round [raund] 回合, 局

Round Body Eight Diagrams Palm

[raund 'bɒdi eɪt 'daɪəgræmz pɑ:m] 游身八卦掌

routine [ru:'ti:n] 套, 套路

routine distribution [ru:'ti:n 'dɪstri'bju:ʃən] 套路布局

routine inspector [ru:'ti:n ɪn'spektə] 套路检查员

routine training [ru:'tɪn 'treɪnɪŋ] 套路训练

Routine I of the "Chen" Style "Taijiquan"

[ru:'tɪn wʌn əv ðə "tʃen"stɑɪl "taɪdʒɪkwʌn"] 陈式一路

太极拳

Routine II of the "Chen" Style "Taijiquan"

[ru:'tɪn tu: əv ðə "tʃen"stɑɪl "taɪdʒɪkwʌn"] 陈式

二路太极拳

Rub Eyebrows Red [rʌb 'aɪbraʊz red] 抹眉红

run-up [rʌn-ʌp] 助跑

Running Horse Turns Its Head [ˈrʌniŋ hɔ:s tə:nz-its hed]
走马回头

S

S-step [es-step] 弧行步

sabre [ˈseibə] 刀

sabre play [ˈseibə plei] 刀术

sack opponent with knee [sæk əˈpounənt wið ni:] 以膝
撞裆

sag [sæg] 松垂

same score [seim skɔ:] 得分相等

sandbag [ˈsændbæg] 沙袋

“sanyingjiao” [“sanyinjiao”] 三阴交

save power like drawing a bow, apply force like loosing
an arrow

[seiv ˈpaʊə laɪk ˈdrɔ:ɪŋ ə bou, əˈplai fɔ:s laɪk ˈlu:sɪŋ]
ən ˈærou] 蓄劲如开弓, 发劲似放箭

scabbard [ˈskæbəd] 鞘

school [sku:l] 流派

school of “Wushu” [sku:l əv ˈwʊʃu] 武术流派

scissor legs [ˈsizə legz] 剪腿

scissors [ˈsizəz] 剪

- scoop down [sku:p daun] 向...下挂
- score flash card [skɔ flæʃ kɑ:d] 示分牌
- scoring paper ['skɔ:ɪŋ 'peɪpə] 记分表
- scream [skri:m] 喊, 发声
- searching-sea balance ['sə:tʃɪŋ-si: 'bæləns] 探海平衡
- seated step ['si:tɪd step] 歇步
- second ['sekənd] 秒
- second category ['sekənd 'kætɪgəri] 第二类
- second class judge ['sekənd klɑ:s dʒʌdʒ] 二级裁判员
- Second Closing ['sekənd 'klouzɪŋ] 再收
- second court ['sekənd kɔ:t] 第二场地
- second place ['sekənd pleɪs] 第二名
- section ['sekʃən] 段, 趟
- segment ['segmənt] 分段, 趟
- segment drills ['segmənt drɪlz] 分解练习
- segmented movement ['segməntɪd 'mu:vmənt] 分解动作
- seize [si:z] 擒拿
- seize leg in defence [si:z leg ɪn dɪ'fens] 抱腿防
- seize the opportunity (to attack)
[si:z ðə ɔpə'tju:nɪti (tu ə'tæk)] 抓住进攻时机
- select [si'lekt] 选拔
- selective trials [si'lektɪv traɪəlz] 选拔赛
- self-defence [self-dɪ'fens] 自卫
- Self-Hitting Exercise [self-'hɪtɪŋ 'eksəsaɪz] 拍打功
- self-relaxation [self-'rɪ:læk'seɪʃən] 自我放松
- semi-finals ['semi-'faɪnlz] 半决赛

semi-horse stance ['semi-hɔ:s stæns] 半马步

sense of rhythm [sens əv 'rɪðəm] 节奏感

"Seng Men" Boxing ["seng men" 'bɒksɪŋ] 僧门拳

separate ['speərɪt] 分开

Separate Legs ['sepərɪt legz] 分脚

separate palms ['sepərɪt pɑ:mz] 分掌

separate with broadsword ['sepərɪt wið 'br:ædsɔ:d] 分刀

separated force ['sepərɪtɪd fɔ:s] 分力

Separating-Hands Boxing ['sepərɪtɪŋ-hændz 'bɒksɪŋ] 分手拳

serene heart and concentrated mind

[si'ri:n hɑ:t ænd 'kɒnsentreitɪd maɪnd] 静心聚神

serial blows ['siəriəl blouz] 连击

serial movement ['siəriəl 'mu:vmənt] 连续动作

series ['siəri:z] 动作组合

series drills ['siəri:z drɪlz] 动作组合练习

set [set] 套路

set foot down like a magpie [set fut daʊn laɪk ə 'mæɡpaɪ]

落如鹊

set sparring [set spa:rɪŋ] 对练

Severn-Star Mantis Boxing ['sevn-stɑ: 'mæntɪs 'bɒksɪŋ]

七星螳螂拳

Seven Stars Boxing ['sevn stɑ:z 'bɒksɪŋ] 七星拳

severe inconformity with specifications

[si'viə ,ɪnkən'fɔ:miti wið ,spesɪfɪ'keɪʃənz] 与要求严

重不符

sex [seks] 性别

shaft of spear [ʃɑ:ft əv spiə] 枪杆

Shake Foot and Stretch Down [ʃeik fut ænd stretʃ daʊn]

摆脚跌叉

shaking force [ˈfeikin fa:s] 抖力

shaking power [ˈseikin paʊə] 抖劲

“shangqiu” [ˈʃangqiu] 商丘

“shangqu” [ˈʃangqu] 商曲

“shangguan” [ˈʃangguan] 上关

“shangyang” [ˈʃangyang] 商阳

“shangwan” [ˈʃangwan] 上腕

shank [ʃænk] 小腿

“shaochong” [ˈʃaochong] 少冲

“shaofu” [ˈʃaofu] 少府

“Shaolin” Boxing [ˈʃaolin ˈbɒksɪŋ] 少林拳

“Shaolin” Cross-Fighting Boxing

[ˈʃaolin kros-ˈfaɪtɪŋ ˈbɒksɪŋ] 少林十字战拳

“Shaolin” Eight-Step Linked Boxing

[ˈʃa-ˈlɪn eɪt-step lɪŋkt ˈbɒksɪŋ] 少林八步连环

“Shaolin” Five-Battles Boxing

[ˈʃaolin faɪv-ˈbætlz ˈbɒksɪŋ] 少林五战拳

“Shaolin” Five-Fist Boxing [ˈʃaolin faɪv-fɪst ˈbɒksɪŋ]

少林五拳

“Shaolin Hongquan” [ˈʃaolin hongquan] 少林红拳

“Shaolin” Linked Boxing [ˈʃaolin lɪŋkt ˈbɒksɪŋ] 少林

连环拳

“Shaolin” Monastery [ˈʃaolin ˈmɒnəstəri] 少林寺

“shaolin” school [“shaolin” sku:l] 少林派

“Shaolin” Soft Boxing [“shaolin” sɒft ‘bæksɪŋ] 少林柔拳

“Shaolin” Southern School Boxing

[“shaolin” ‘sʌðən sku:l ‘bæksɪŋ] 南派少林拳

“Shaolin” Temple [“shaolin” ‘templ] 少林寺

“Shaolin” Thirteen-Holds Boxing

[“shaolin” ‘θe:ti:n-houldz ‘bæksɪŋ] 少林十三抓

“Shaolin” Walking Boxing [“shaolin” ‘wɔ:kiŋ ‘bæksɪŋ]

少林行拳

“Shaolin Wushu” [“shaolin wushu”] 少林武术

“Shaolin Xin Yi Ba” (Will Exercise)

[“shaolin xin yi ba” (wɪl ‘eksəsaɪz)] 少林心意把

“shaoshang” [“shaoshang”] 少商

“shaoze” [“shaoze”] 少泽

sheath [ʃi:θ] 刀鞘

sheathe [ʃi:ð] 入鞘 (刀、剑等)

“shenmen” [“shenmen”] 神门

“shenshu” [“shenshu”] 肾俞

“shenting” [“shenting”] 神庭

“shenzhu” [“shenzhu”] 身柱

shield [ʃi:ld] 盾牌

shield and broadsword dance [ʃi:ld ænd ‘brɔ:dsɔ:d dɑ:ns]

盾牌刀舞

Shield and Sabre vs. Three-Section Staff and Eyebrow-Level Staff

[ʃi:ld ænd ‘seɪbə ‘vɔ:səs θri:-‘sekʃən stɔ:f ænd ‘aɪbrau-

ˈlevl stɑ:f] 盾牌刀对三节棍、齐眉棍

shift wight [ˈʃift weɪt] 转移重心

shift weight forward [ˈʃift weɪt ˈfɔ:wəd] 重心前移

shifty [ˈʃifti] 善于闪躲

shin guard [ʃɪn gɑ:d] 护腿

short and vigorous (set moves)

[ʃɔ:t ænd ˈvɪɡərəs (set mu:vz)] 短小精悍

Short Boxing [ʃɔt ˈbɒksɪŋ] 短拳

short distance [ʃɔ:t ˈdɪstəns] 近距离

short intensive training method

[ʃɔ:t ɪnˈtensɪv ˈtreɪnɪŋ ˈmeθəd] 短冲训练法

short interval balance [ʃɔ:t ˈɪntəvəl ˈbæləns] 非持久性平

衡

short sword [ʃɔ:t sɔ:d] 短剑, 匕首

short-tassel sword [ʃɔ:t-ˈtæsəl sɔ:d] 短穗剑

short weapon [ʃɔ:t ˈwepən] 短器械

short weapon combat [ʃɔ:t ˈwepən ˈkambət] 短兵格斗

“shoubo” (sparring) [ˈʃəʊboʊ (ˈspɑ:rɪŋ)] 手搏

shoulder [ˈʃəʊldə] 肩

shoulder and arm exercise [ˈʃəʊldə ænd ɑ:m ˈeksəsaɪz] 肩

臂练习

shoulder block [ˈʃəʊldə blɒk] 以肩阻挡

shoulder cudgel [ˈʃəʊldə ˈkʌdʒəl] 扛棍

shoulder (elbow, wrist) joint [ˈʃəʊldə (ˈelbəʊ, rɪst) dʒɔɪnt]

肩(肘、腕)关节

(shoulder) flip [ˈʃəʊldə flɪp] 肩摔

shoulder height ['ʃouldə haɪt] 高与肩平

shoulder point ['ʃouldə pɔɪnt] 肩峰

Shoulder Roll ['ʃouldə rəʊl] 抡背

shoulder spear ['ʃouldə spiə] 背枪

shoulder stretch ['ʃouldə streɪtʃ] 压肩

shoulder throw ['ʃouldə θrəʊ] 肩摔

Shoulder Whip in Empty Step ['ʃouldə hwɪp ɪn 'empti step]

虚步背鞭

shoulder width apart ['ʃouldə wɪð ə'pɑ:t] 与肩同宽

"shousanli" ["shousanli"] 手三里

shout cry [ʃaʊt kraɪ] 喊, 发声

shrug shoulders [ʃrʌg 'ʃouldəz] 耸肩

"shufu" ["shufu"] 俞府

shun [ʃʌn] 回避, 躲开

"Sichuan" Southern Style Boxing

["sichuan" 'sʌðən stɑɪl 'bɔkɪŋ] 四川南拳

side-bow stance [saɪd baʊ stæns] 横裆步

side chop with ... [saɪd tʃɒp wɪð ...] 侧劈...

Side-Diving Roll [saɪd-'daɪvɪŋ rəʊl] 抡背

Side Drop [saɪd drɒp] 盘腿跌

Side Flip [saɪd flɪp] 倒空翻

Side Handsprings [saɪd 'hændsprɪŋz] 侧手翻

side kick [saɪd kɪk] 侧踢腿

side kick with heel [saɪd kɪk wɪð hi:l] 侧蹬腿

side kick with the outer-edge of foot

[saɪd kɪk wɪð ðə 'aʊtə-edʒ əv fut] 侧铲腿

side leg press [saɪd leg pres] 侧搬腿

side (leg) stretch [saɪd (leg) stretʃ] 侧压腿

side of body [saɪd əv 'bɒdi] 体侧

side outer-edge kick [saɪd 'aʊtə-edʒ kik] 侧铲腿

side sole kick [saɪd soul kik] 端腿

side sole kick according to opponent's posture

[saɪd soul kik ə'kɔ:diŋ tu ə'pəʊnənts 'pɒstʃə] 顺势踢

side sole kick in defence [saɪd soul kik in di'fens] 端防

side splits [saɪt splits] 竖叉

side step ['saɪd step] 侧移步

side-stepping [saɪd-'stepɪŋ] 向旁闪躲(侧闪)

side striking [saɪd 'straɪkɪŋ] 侧击

sideline coaching ['saɪdlaɪn 'kəʊtʃɪŋ] 场外指导

sidestep ['saɪdstep] 闪步

silver medal ['sɪlvə 'medl] 银牌

simple and unadorned ['sɪmpl ənd 'ʌnə'dɔ:nd] 朴实无华

simple attack ['sɪmpl ə'tæk] 简单进攻

simple parry ['sɪmpl 'pəri] 简单防守

simple return ['sɪmpl ri'tɜ:n] 简单还击

simple riposte ['sɪmpl ri'pəʊst] 简单还击

simplified routine ['sɪmplɪfaɪd ru:'ti:n] 简化套路

Simplified "Taijiquan" ['sɪmplɪfaɪd "taiji'kwɑ:n"] 简化太

极拳

simultaneous action [sɪmə'lteinjəs ə'kʃən] 同时动作

simultaneous attack [sɪmə'lteinjəs ə'tæk] 同时进攻

simultaneous exchange of blows

[siməl'teinjəs iks'tfeindʒ əv blouz] 互击
simultaneous hit [siməl'teinjəs hit] 互中
simultaneous touch [siməl'teinjəs tətʃ] 互中
Singing Crane Boxing ['siŋŋ kreɪn 'bɒksɪŋ] 鸣鹤拳
single arm circle ['sɪŋɡl ɑ:m 'sə:kl] 单臂绕环
single broadsword ['sɪŋɡl 'brɔ:dsɔ:d] 单刀
Single Broadsword Plus Whip Play

['sɪŋɡl 'brɔ:dsɔ:d plʌs hwɪp pleɪ] 单刀加鞭
Single Broadsword vs. Spear [sɪŋɡl 'brɔ:dsɔ:d 'və:səs spiə]

单刀进枪

single butterfly stance ['sɪŋɡl 'bʌtəflaɪ stæns] 单蝶步
Single Change Palm ['sɪŋɡl tʃeɪndʒ pɑ:m] 单换掌
single finger ['sɪŋɡl 'fɪŋɡə] 单指
single-finger hand-stand

['sɪŋɡl-'fɪŋɡə hænd-'stænd] 一指禅

single fold stance ['sɪŋɡl fəʊld stæns] 单蝶步
single-handed exercises ['sɪŋɡl-'hændɪd 'eksəsaɪzɪz] 单推
手练习

Single Handed Whip Circling ['sɪŋɡl 'hændɪd hwɪp 'sə:klɪŋ]

单手拨花鞭

single leg stance ['sɪŋɡl leg stæns] 独立步
single movement ['sɪŋɡl 'mu:vmənt] 单个动作
single posture exercise ['sɪŋɡl 'pɒstʃə 'eksəsaɪz] 单势练习
single slap kick ['sɪŋɡl slæp kɪk] 单飞脚
single sword ['sɪŋɡl sɔ:d] 单剑
single weapon ['sɪŋɡl 'wepən] 单器械

single whip ['singl hwip] 单鞭

sink bridge [sink bridʒ] 沉桥

sink elbow [sink 'elbou] 沉桥

Sink Waist and Press Elbow Down

[sink weist ænd 'pres 'elbou daun] 煞腰压肘拳

sit-back [sit-bæk] 过桥摔

sit back (on hips) [sit bæk (on hips)] 上体后坐

sit back with head-lock [sit-bæk wið hed-lək] 抱肩颈过

桥摔

situation in which joint is bent backwards

[sitju'eifən in hwitʃ dʒɔint iz bent 'bækwədʒ] 处于

反关节状态

Six Conformities and Eight Techniques

[siks kən'fɔ:mitiz ænd eit tek'ni:ks] 六合八法

Six Conformities Mantis Boxing

[siks kən'fɔ:mitiz 'mæntis 'bɒksɪŋ] 六合螳螂拳

Six Conformities Boxing [siks kən'fɔ:mitiz 'bɒksɪŋ] 六合

拳

Six Sealings and Four Closings [siks 'si:lɪŋz ænd fɔ:]

'klouzɪŋz] 六封四闭

Six-School Skill [siks sku:l skil] 六家艺

Six-Step Free Hand Boxing [siks-step fri: hænd 'bɒksɪŋ] 六

步散手

sixth place [siksθ pleis] 第六名

skill [skil] 技术, 技能, 技巧, 熟练

skill in wielding the eighteen weapons

[skil ɪn wiːldɪŋ ðə 'eɪtɪːn 'wepənz] 十八般兵器

skipping step ['skɪpɪŋ step] 垫步

slap [slæp] 击掌

slap kick [slæp kɪk] 单飞脚

slap lotus kick [slæp 'ləʊtəs kɪk] 摆莲拍脚

slap palm [slæp pɑːm] 拍掌

slice [slaɪs] 劈, 砍, 抹

slice horizontally with sword [slaɪs ,hɒri'zəntli wið sɔːd]

平抹剑

slice with broadsword [slaɪs 'brɔːdsɔːd] 抹刀

slice with sword [slaɪs wið swɔːd] 抹剑

slide hand along shaft [slaid hænd ə'lɒŋ ʃɑːft] 滑把

sliding backward block in defence

['slaɪdɪŋ 'bækwəd blɒk ɪn dɪ'fens] 回挂防

sliding step [slaɪdɪŋ step] 滑步

slight inconformity with specifications

[slait ,ɪnkən'fɔːmiti wið ,spesɪfɪ'keɪʃənz] 与要求轻微

不符

slingshot ['slɪŋʃɒt] 弹弓

slip (out away) [slɪp (aʊt ə'wei)] 滑脱, 闪开

Slippery Boxing ['slɪpəri 'bɒksɪŋ] 滑拳

slow and gentle [sləʊ ænd 'dʒentl] 柔和缓慢

small and horizontal channels [smɔːl ænd ,hɒri'zəntl 'tʃænlz]

络

Small Catching and Hitting [smɔːl 'kætʃɪŋ ænd 'hɪtɪŋ] 小

擒打

Small Frame Eight Extremities Boxing

[smə:l freim eit iks'tremitiz 'bɒksɪŋ] 小八极(拳)

Small Frame Hiding Tiger Boxing

[smə:l freim 'haɪdɪŋ 'taɪgə 'bɒksɪŋ] 小伏虎拳

Small Frame Red Boxing [smə:l freim red 'bɒksɪŋ] 小红拳

small frame ("taijiquan") [smə:l freim ("taijiquan")] 小架
(太极拳)

small-twining hold [smə:l-'twainɪŋ həʊld] 小缠

smash [smæʃ] 劈, 砸

Smash Fist in Horse-Riding Step

[smæʃ fɪst ɪn hə:s-'raɪdɪŋ step] 马步砸拳

smash with end of cudgel [smæʃ wɪð end əv 'kʌdʒəl] (盖把) 砸把

Smooth Elbowing [smu:ð 'elbəʊ] 顺弯肘

smooth power [smu:ð 'paʊə] 劲力顺达

smooth twining [smu:ð 'twainɪŋ] 顺缠

Snake Exercise [sneɪk 'eksəsaɪz] 蛇形

Snake Style Boxing [sneɪk stɑɪl 'bɒksɪŋ] 蛇拳

Snake Turns Back and Spits Out Its Tongue

[sneɪk tə:nz bæk ænd spɪts aʊt ɪts tʌŋ] 背身吐信

snap head (around) [snæp hed (ə'raʊnd)] 摆头

snap kick [snæp kɪk] 弹腿

Snap Kick and Punch Fist [snæp kɪk ænd pʌtʃ fɪst] 弹腿冲拳

Snap Kick in Flight [snæp kɪk ɪn flaɪt] 腾空箭弹

Snap Leg Boxing [snæp leg 'bɒksɪŋ] 弹腿

snap palm [snæp pɑ:m] 挑掌
snap wrists [snæp rist] 抖腕
snap wrist and flash palm [snæp rist ænd 'flæʃ pɑ:m] 抖腕亮掌

Soft Boxing [sɔft 'bɒksɪŋ] 绵拳
soft exercise [sɔft 'eksəsaɪz] 软功
soft palm [sɔft pɑ:m] 绵掌
soft rib [sɔft rib] 软肋
soft weapon [sɔft 'wepən] 软兵器
soft whip [sɔft hwɪp] 软鞭
softness ['sɔftnis] 柔和
softness controlling hardness

['sɔftnis kən'troulɪŋ 'hɑ:dnɪs] 以柔克刚
softness dwells in hardness ['sɔftnis dwelz ɪn 'hɑ:dnɪs] 柔中寓刚

sole [səʊl] 脚底
solid ['sɒlɪd] 实
somersault ['sʌməsə:lt] 前滚翻
“Songshan” Mountains ['ʃɒŋʃan 'maʊntɪnz] 嵩山
Southern Style Boxing ['sʌðən staɪl 'bɒksɪŋ] 南拳
southern-style boxing emphasizes fist techniques while northern-style emphasizes leg techniques

['sʌðən-staɪl 'bɒksɪŋ 'emfəsəɪzɪz fɪst tek'ni:ks hwaɪl
'nɔ:ðən-staɪl 'emfəsəɪzɪz leg tek'ni:ks] 南拳北腿

Space Boxing [speɪs 'bɒksɪŋ] 太空拳
Spare time “Wushu” School [speə taɪm “wʊʃu” sku:l]

业余武术学校

sparring ['spɑ:riŋ] 对练

sparring match ['spɑ:riŋ mætʃ] 散手比赛

Sparrow Hawk Exercise ['spærəu hɔ:k 'eksəsaiz] 鹞形

Sparrow Hawk Flies into Woods

['spærəu hɔ:k flaiz 'intu wudz] 鹞子入林

Sparrow Hawk Flips Over ['spærəu hɔ:k flips 'ouvə] 鹞

子翻身

Sparrow Hawk Ready to Fly ['spærəu hɔ:k 'redi tu flai]

鹞子束身

Sparrow Hawk Soars into Sky ['spærəu hɔ:k sə:z 'intu skai]

鹞子钻天

Sparrow Hawk Style Boxing ['spærəu hɔ:k stail 'bɒksɪŋ]

鹞子拳

spear [spiə] 枪, 矛

spear coil [spiə kɔil] 缠枪

spear figure-8 [spiə 'figə-eɪt] 舞花枪

spear flick [spiə flɪk] 崩枪

spear head [spiə hed] 枪头

spear play [spiə plei] 枪术

spear sweep [spiə swi:p] 扫枪

spear techniques [spiə tek'ni:ks] 枪法

Spear Versus Spear [spiə 'və:səs spiə] 对扎枪

Spear vs. Shield [spiə 'və:səs ʃi:ld] 枪对牌

spearplay like an undulating dragon

['spiəplei laik ən 'ʌndjuleitiŋ 'dræɡən] 枪如游龙

specific movement [spi'sifik 'mu:vmənt] 具体动作
specific standards [spi'sifik 'stændədz] 具体标准
specific style [spi'sifik stail] 风格独特
specific technique [spi'sifik tek'ni:k] 专项技术
specific training [spi'sifik 'treiniŋ] 单项训练
specification of movement [ˌspesifi'keɪʃən əv 'mu:vmənt]

动作规格 (标准)

speed [spi:d] 速度

speed training [spi:d 'treiniŋ] 速度训练

speed up [spi:d ʌp] 加速

spin [spin] 旋转

spin with sword [spin wið sɔ:d] 云剑

spinal column [ˈspainl 'kɒləm] 脊柱

spine [spain] 脊柱

spine of sword [spain əv sɔ:d] 剑脊

spinning butterfly [ˈspiniŋ 'bʌtəflaɪ] 旋子转体

spinning freely [ˈspiniŋ 'fri:lɪ] 旋转自如

spinning lotus kick [ˈspiniŋ 'lɒtəs kik] 转身摇莲

spirit [ˈspirit] 精神

spirit, will, vital energy and strength

[ˈspirit, wil, 'vaɪtl 'enədʒi ænd streŋθ] 精神, 意,

气, 力

spirited [ˈspiritɪd] 精神饱满

split [split] 劈

splitting pose [ˈsplitiŋ pouz] 劈架子

sportsman [ˈspɔ:tsmən] 男运动员

sportswoman ['spɔ:tswumən] 女运动员

spotting and assistance training

['spɔtɪŋ ænd ə'sistəns 'treɪnɪŋ] 保护与帮助

spread feet apart [spred fi:t ə'pɑ:t] 开步

spread palms and kick [spred pɑ:mz ænd kik] 分掌踢腿

spring [sprɪŋ] 弹

spring fist [sprɪŋ fɪst] 弹拳

spring plam [sprɪŋ pɑ:m] 弹掌

spring up like an ape [sprɪŋ ʌp laɪk ən eɪp] 起如猿

squat down [skwɒt daʊn] 蹲下

squat-hop [skwɒt-hɒp] 蹲跳

squatting stance ['skwɒtɪŋ stæns] 跪步

stab [stæb] 刺, 扎

stab wrist in bow step [stæb rɪst ɪn baʊ step] 弓步点(刺)腕

stable ['steɪbl] 沉稳

staff [stɑ:f] 棒

staff fight [stɑ:f faɪt] 使棒(较棒)

staff play [stɑ:f pleɪ] 棍术

stake exercise [steɪk 'eksəsaɪz] 桩功

stamp [stæp] 震脚

stamp both feet [stæp buθ fi:t] 双震脚

stamp foot [stæp fʊt] 震脚

stamp step and punch upward

[stæp step ænd pʌntʃ 'ʌpwəd] 震步上冲拳

stamping step ['stæmpɪŋ step] 踏步

stance [stæns] 步型

stance and footwork exercise [stæns ænd 'fʊtwɜ:k 'eksəsaiz]

步型步法练习

stance exercise [stæns 'eksəsaiz] 桩功

stance form [stæns fɔ:m] 步型

stand like a pine [stænd laik ə 'pain] 站如松

stand on one leg and thrust sword

[stænd ɒn wʌn leg ænd θrʌst sɔ:d] 独立刺剑

stand on one leg like a crane [stænd ɒn wʌn leg laik ə kreɪn]

立如鹤

stand on the line [stænd ɒn ðə laɪn] 踩线

stand straight and centred [stænd streɪt ænd 'sentəd] 立身

中正

stand with feet apart [stænd wɪð fi:t ə'pɑ:t] 开步站立

stand upright with feet together

[stænd 'ʌpraɪt wɪð fi:t tə'geðə] 并步直立

standard of movement [stændəd əv 'mu:vmənt] 动作标准

standardization [stændədaɪ'zeɪʃən] 规格化

standards for deduction [stændədz fɔ: dɪ'dʌkʃən] 扣分标准

standards of evaluation [stændədz əv ɪ,vælju'eɪʃən] 评分

标准

standing leg [stændɪŋ leg] 支撑腿

standing palm [stændɪŋ pɑ:m] 立掌

starting position [stɑ:tɪŋ pə'zɪʃən] 起势

stationary defence [steɪʃənri dɪ'fens] 原位防守

stay clear of the rival's attacks and hit at his weak points

[steɪ kliə əv ðə 'raɪvəlz ə'tæks ænd hit ət hɪs wi:k 'pɔɪnts]

避实击虚

steady ['stedi] 沉稳的

steady and composed ['stedi ænd kəm'pəuzd] 沉着稳健

steady as a mountain ['stedi əz ə 'mauntin] 稳如山

steady footwork ['stedi 'fʊtwɜ:k] 步法稳固

step [step] 步, 迈步

step back and press elbow [step bæk ænd pres 'elbou] 退

步压肘

step back and whirl arms on both sides

[step bæk ænd hwɜ:l ɑ:mz ɒn bəʊθ saɪdz] 倒卷肱

step backward [step 'bækwəd] 退步

Step Backwards and Beat the Tiger

[step 'bækwədz ænd bi:t ðə 'taɪgə] 退步打虎

Step Backwards and Mount the Tiger

[step 'bækwədz ænd maʊnt ðə 'taɪgə] 退步跨虎

Step Backwards Straddle the Tiger

[step 'bækwədz 'strædl ðə 'taɪgə] 退步跨虎

step by step [step baɪ step] 逐步

step forward and chop at head [step 'fɔ:wəd ænd tʃɒp æt hed]

上步劈头

step forward and punch fist

[step 'fɔ:wəd ænd pʌntʃ fɪst] 上步冲拳

step forward and thrust sword backward

[step 'fɔ:wəd ænd θrʌst sɔ:d 'bækwəd] 上步回刺剑

step forward, arc palm [step 'fɔ:wəd, ɑ:k pɑ:m] 上步撩掌

step forward chop palm [step 'fɔ:wəd tʃɒp pɑ:m] 上步砍

掌

step forward in defence [step 'fə:wəd in di'fens] 上步防守

step forward in time [step 'fə:wəd in taɪm] 上步及时

Step Forward with Seven Stars [step 'fə:wəd wið 'sevn sta:z]

上步七星

step sideways [step 'saɪdweɪz] 侧移步

step to the side [step tu ðə saɪd] 侧移步

step up, parry and punch [step ʌp, 'pæri ænd pʌntʃ] 进步搬拦捶

Step Up to Form Seven Stars [step ʌp tu fɔ:m 'sevn sta:z] 上步七星

stick [stɪk] 刺, 戳, 粘, 贴

stick to each other without being separated

[stɪk tu i:tʃ 'ʌðə wiðəʊt 'bi:ɪŋ 'sepəreɪtɪd] 沾连粘随

stick to opponent [stɪk tu ə'pəʊnənt] 身体贴靠对方

sticking force ['stɪkɪŋ fɔ:s] 粘劲

sticky-spear ['stɪki-spiə] 粘枪

stiff force [stɪf 'fɔ:s] 僵硬顶劲

stillness controlling movement

[stɪlnɪs kən'trəʊlɪŋ 'mu:mənt] 以静制动

stomach ['stʌmək] 腹

straight-arm chop with fist [streɪt-ɑ:m tʃɒp wið fɪst] 劈拳

straight blow [streɪt bləʊ] 直拳

straight body drop [streɪt 'bɒdi drɒp] 栽碑

straight fall [streɪt fɔ:l] 栽碑

straight left [streɪt left] 左直拳

straight left blow [streit left blou] 左直拳
 straight leg [streit leg] 腿(伸)直
 straight leg kick [streit leg kik] 摆性直腿法
 straight punch [streit pʌntʃ] 直拳
 straight right [streit rait] 右直拳
 straight right blow [streit rait blou] 右直拳
 straight thrust [streit θrʌst] 直刺
 straight thrust in bow step [streit θrʌst in bou step] 弓步
 直刺

straight torso [streit 'tɔ:sou] 直腰
 straight wrist [streit rist] 直腕
 straighten ['streitn] 蹬直, 伸直
 straighten leg in defence ['streitn leg in di'fens] 蹬腿防
 straighten right leg ['streitn rait leg] 右腿蹬直
 strangle hold ['stræŋgl hould] 卡脖子
 strength [streŋθ] 力量
 stress dynamic (element) [stres dai'næmik ('elimənt)] 主动
 stress hard (element) [stres ha:d ('elimənt)] 主刚
 stress soft (element) [stres soft ('elimənt)] 主柔
 stress static (element) [stres 'stætik ('elimənt)] 主静
 stretch forward [stretʃ 'fɔ:wəd] 前伸
 stretch leg in crouch stance [stretʃ leg in krautʃ stæns]

仆步压腿

stretch leg [stretʃ leg] 压腿
 stretch out [stretʃ aut] 伸展开, 伸直
 stride [straɪd] 跨步

strike [straik] 击打

stike face like cannon [straik feis laik 'kænən] 当头炮

strike groin with fist [straik grəin wið fist] 指裆捶

strike hinder with elbow [straik 'hində wið 'elbəu] 搬拦肘

strike opponent's ears with both fists

[straik ə'pəunəntz iəz wið bouθ fists] 双峰贯耳

strike staff on a large plane [straik stɑ:f ɒn ə-la:dʒ pleɪn]

棍打一大片

strike with left fist and right fist in quick succession

[straik wið left fist ænd rait fist in kwik sək'sesjən]

左右连续攻击

strike with palm [straik wið pɑ:m] 掌击

strong rhythm [strɒŋ 'riðəm] 节奏性强

structure of movement ['strʌktʃə əv 'mu:vmənt] 动作结

构

structure of routine ['strʌktʃə əv ru:'ti:n] 套路结构

structure of set ['strʌktʃə əv set] 套路结构

style [stail] 风格, 特点

sudden burst of force ['sʌdn bə:st əv fɔ:s] 爆发力

sumo ['su:mou] 相扑

sun and moon heaven and earth sabre

[sʌn ænd mu:n 'hevn ænd ə:θ 'seibə] 日月乾坤刀

"Sun" Style "Taijiquan" ["sun" stail "taijikuən"] 孙式

太极拳

"Sunbinquan" ["sunbinquan"] 孙膺拳

superior position [sju(:)'piəriə pə'ziʃən] 顺势

support with hands and sweep backward

[sə'pə:t wið hændz ænd swi:p 'bækwəd] 伏地后扫

supporting leg [sə'pə:tiŋ leg] 支撑腿

Swallow Balance ['swəlou 'bæləns] 燕式平衡

Swallow Exercise ['swəlou 'eksəsaiz] 燕形

Swallow Flies into Woods ['swəlou flaiz 'intu wudz] 燕子入林

子入林

sweep [swi:p] 扫

sweep broadsword in crouch step

[swi:p 'brə:dsə:d in krautʃ step] 仆步扫刀

sweep (leg) [swi:p (leg)] 扫腿

sweep leg backwards [swi:p leg 'bækwədʒ] 后扫腿

sweep leg forward [swi:p leg 'fə:wəd] 前扫腿

sweep spear in crouch step [swi:p spiə in krautʃ step] 仆步扫枪

步扫枪

sweep whip [swi:p hwip] 扫鞭

sweep whip in butterfly [swi:p hwip in 'bʌtəflai] 旋子扫鞭

sweep whip under body while rolling

[swi:p hwip 'ʌndə 'bədi hwaɪl 'roulɪŋ] 仰身滚动下扫鞭

鞭

sweep with broadsword [swi:p wɪð 'brə:dsəd:] 扫刀

sweep with end of cudgel [swi:p wɪð end əv 'kʌdʒəl] 扫把

把

sweep with sword [swi:p wið sɔ:d] 扫剑

sweeping and elegant ['swi:piŋ ænd 'elɪɡənt] 潇洒飘逸

sweeping fist ['swi:piŋ fist] 横拳

sweeping kick [ˈswi:pɪŋ kɪk] 扫腿

sweeping side punch [ˈswi:pɪŋ saɪd pʌntʃ] 摆拳

swift and fierce [swɪft ænd fɪəs] 快速凶猛

swift and powerful [swɪft ænd ˈpaʊəfʊl] 快速猛烈

swing [swɪŋ] 摆动

swing arms, crouch down and slap floor.

[swɪŋ ɑ:mz, kraʊtʃ daʊn ænd slæp flɔ:] 仆步抡拍

swing downword [swɪŋ ˈdaʊnwə:d] 下摆

swing head and lash whip [swɪŋ hed æn lætʃ hwɪp] 甩头

打鞭

swing leg inward [swɪŋ leg ˈɪnwəd] 里合腿

swing leg inward over whip [swɪŋ leg ˈɪnwəd ˈoʊvə hwɪp]

里骗马鞭

swing leg outward [swɪŋ leg ˈaʊtwəd] 外摆腿

swing leg outward over whip [swɪŋ leg ˈaʊtwəd ˈoʊvə hwɪp]

外骗马鞭

swing of the arm [swɪŋ əv ði: ɑ:m] 挥臂, 摆臂

swing spear downward and slam on ground

[swɪŋ spiə ˈdaʊnwəd ænd slæm ɒn graʊnd] 摔枪

swing whip around neck [swɪŋ hwɪp əˈraʊnd nek] 拨鞭缠

脖

swingover [ˈswɪŋoʊvə] 抡

swingover punch [ˈswɪŋoʊvə pʌntʃ] 抡拳

sword [sɔ:d] 刀, 剑

sword-blade [sɔ:d bleɪd] 剑身

sword-dance [sɔ:d-dɑ:ns] 剑舞

sword figure-8 [sɔ:d 'figə-eit] 剪腕花
 sword-fingers [sɔ:d-'fingəz] 剑指, 剑诀
 sword hand [sɔ:d hænd] 持剑手
 sword play ['sɔ:d plei] 剑术
 sword-tassel [sɔ:d-'tæsəl] 剑穗
 sword techniques [sɔ:d tek'ni:ks] 剑法
 Sword vs. Shield [sɔ:d 'və:səs ʃi:ld] 剑对牌
 Sword vs. Sword [sɔ:d 'və:səs sɔ:d] 对刺剑
 swordmanship ['sɔ:dmənʃip] 剑术
 swordplay like a flying phoenix

['sɔ:dplei laik ə 'flaiɪŋ 'fi:niks] 剑似飞凤

symmetrical ['simetrikəl] 对称, 匀称

synchronize steps with body turns

['sɪŋkrənaɪz steps wið 'bɒdi tɜ:nz] 移步与转体一致

T

T-bow-step [ti:-bou-step] 丁字弓步

T-stance [ti:-stæns] 丁字步

T-step (position) [ti:-step (pə'ziʃən)] 丁字步

tactics ['tæktiks] 战术

tactics awareness ['tæktiks ə'weənɪs] 战术意识

"taichong" ["taichong"] 太冲

"taiji" ["taiji"] 太极

"Taiji" Ball Play ["taiji" ʊə:l plei] 太极球

"Taiji" Boxing ["taiji" ˈbɒksɪŋ] 太极拳

"Taiji" Broadsword Play ["taiji" ˈbrɔːdsɔːd plei] 太极
刀

"Taiji" Mantis Boxing ["taiji" ˈmæntɪs ˈbɒksɪŋ] 太极螳螂
拳

"Taiji"-Plum-Blossom Mantis Boxing

["taiji"-plʌm-ˈblɒsəm ˈmæntɪs ˈbɒksɪŋ] 太极梅花螳螂
拳

"Taiji" Push-Hands ["taiji"-puʃ hændz] 太极推手

"taiji" push-hands competition

["taiji" puʃ hændz ˈkɒmpɪˈtɪʃən] 太极推手比赛

"Taiji" Ruler Play ["taiji" ˈrulə plei] 太极尺

"Taiji" Swordplay ["taiji" ˈsɔːdplei] 太极剑

"Taijiquan" ["taijiquan"] 太极拳

"Taijiquan" Academy ["taijiquan" əˈkædəmi] 太极拳学院
tail [teɪl] 跟进

"taixi" ["taixi"] 太溪

"taiyang" ["taiyang"] 太阳

"Taiyi"-Five-Element Boxing

["taiyi"-faɪv-ˈelɪmənt ˈbɒksɪŋ] 太乙五行拳

"taiyuan" ["taiyuan"] 太渊

take a step forward [teɪk ə step ˈfɔːwəd] 上步

take a step sideways [teɪk ə step ˈsaɪdweɪz] 侧迈步

take half a step forward [teɪk hɑːf ə step ˈfɔːwəd] 上半步

take left sidestep in defence [teɪk left ˈsaɪdstep ɪn dɪˈfens] 左闪步

左闪步防守

- take-off [teik-ə(:)f] 起跳
take-off foot [teik-ə(:)f fʊt] 起跳脚
take-off on right foot [teik-ə(:)f ɒn raɪt fʊt] 右脚起跳
take over [teik 'ouvə] 接替
take sidesteps [teik 'saɪdsteps] 闪步
take the field [teik ðə fi:ld] 出场, 上场
take the opportunity [teik ði: ɒpə'tju:niti] 乘机
Tame the Tiger [teɪm ðə 'taɪgə] 伏虎
“tanzhong” [“tanzhong”] 膺中
target [tɑ:ɡɪt] 有效部位, 目标
target areas [tɑ:ɡɪt 'eəriəz] 有效部位, 可击面积
target of attack [tɑ:ɡɪt əv ə'tæk] 进攻目标
tassel ['tæsəl] 穗, 缨
tassel of spear ['tæsəl əv spiə] 枪缨
teach [ti:tʃ] 教, 指导
teaching and training [ti:tʃɪŋ ænd 'treɪnɪŋ] 教学与训练
technical feature ['teknɪkəl 'fi:tʃə] 技术特点
technical level ['teknɪkəl 'levl] 技术水平
technical training ['teknɪkəl 'treɪnɪŋ] 技术训练
technical characteristics ['teknɪkəl ,kærɪktə'rɪstɪks] 技术特点
technique drill [tek'ni:k drɪl] 技术训练
teeth [ti:θ] 牙
temple [templ] 太阳穴
tempo ['tempou] 频率

tempt [tempt] 引诱

test [test] 测验

the art of offence and defence [ði: ɑ:t əv ə'fens ænd di'fens]

攻防术

the belt channel [ðə belt 'tʃænl] 带脉

The Black Dragon Coils Around a Pillar

[ðə blæk 'dræɡən kɔɪlz ə'raʊnd ə 'pɪlə] 乌龙绞柱

the force that is neither too weak nor too strong

[ðə fɔ:s ðæt iz 'naɪðə tu: wi:k nə: tu: strɒŋ] 掙劲

The Four Routines of Chase and Strike Boxing

[ðə fɔ: ru:'ti:nz əv tʃeis ænd straɪk 'bɒksɪŋ] 四路奔打

(拳)

the gall bladder channel of foot "shao yang"

[ðə ɡæl 'blædə tʃænl əv fut "shao yang"] 足少阳胆经

the heart channel of hand "shao yin"

[ðə hɑ:t 'tʃænl əv hænd "shao yin"] 手少阴心经

the kidney channel of foot "shao yin"

[ðə 'kɪdni 'tʃænl əv fut "shao yin"] 足少阴肾经

the large intestine channel of hand "yang ming"

[ðə lɑ:dʒɪn'testɪn 'tʃænl əv hænd "yang ming"] 手阳

明大肠经

the liver channel of foot "jue yin"

[ðə 'lɪvə 'tʃænl əv fut "jue yin"] 足厥阴肝经

the lung channel of hand "tai yin"

[ðə lʌŋ 'tʃænl əv hænd "tai yin"] 手太阴肺经

the martial spirit [ðə 'mɑ:ʃəl 'spɪrɪt] 尚武精神

the motility channel of "yang"

[ðə mou'tiliti 'tʃænl əv "yang"] 阳跷脉

the motility channel of "yin"

[ðə mou'tiliti 'tʃænl əv "yin"] 阴跷脉

The Nine Routines of Wounding Boxing

[ðə nain ru:'ti:nz əv 'wu:ndiŋ 'bæksiŋ] 九路伤拳

the pericardium channel of hand "jue yin"

[ðə 'peri:kɑ:dʒəm 'tʃænl əv hænd "jue yin"] 手厥阴

心包经

the regulating channel of "yang"

[ðə 'regjuleitiŋ 'tʃænl əv "yang"] 阳维脉

the regulating channel of "yin"

[ðə 'regjuleitiŋ 'tʃænl əv "yin"] 阴维脉

the "san jiao" channel of hand "shao yang"

[ðə "san jiao" 'tʃænl əv hænd "shao yang"] 手少阳三

焦经

the small intestine channel of hand "tai yang"

[ðə smə:l in'testin 'tʃænl əv hænd "tai yang"] 手太

阳小肠经

the spear is king of the "Wushu" weapons

[ðə spiə iz kiŋ əv ðə "wushu" 'wepənz] 枪为兵器

之王

the spleen channel of foot "tai yin"

[ðə spli:n 'tʃænl əv fut "tai yin"] 足太阴脾经

the splits [ðə splits] 劈叉

the stomach channel of foot "yang ming"

[ðə 'stamək 'tʃænl əv fut "yang ming"] 足阳明胃经

The Ten Routines of Snap Kick Boxing

[ðə ten ru:'ti:nz əv snæp kik 'bɒksɪn] 十路弹腿

The Thrity-Six Forms of "Xiaohong" Boxing

[ðə 'θe:ti-siks fɔ:mz əv "xiaohong" 'bɒksɪn] 小洪拳三

十六式

The Thriy-Six Routines of "Songjiang" Boxing

[ðə 'θe:ti-siks ru:'ti:nz əv "songjiang" 'bɒksɪn] 三十

六路宋江拳

the urinary bladder channel of foot "tai yang"

[ðə 'juərɪnəri 'blædə 'tʃænl əv fut "tai yang"] 足太

阳膀胱经

The Twelve Routines of Snap Kick Boxing

[ðə twelv ru:'ti:nz əv snæp kik 'bɒksɪn] 十二路弹腿

there is mind in posture, and posture in mind

[ðeə ɪz maɪnd ɪn 'pɒstʃə, ænd 'pɒstʃə ɪn maɪnd] 形中

有意, 意中有形

thigh [θai] 大腿

third category [θə:d 'kætɪgəri] 第三类

third class judge [θə:d kla:s dʒʌdʒ] 三级裁判员

third place [θə:d pleɪs] 第三名

Thrity-Eight Forms "Chen"-Style "Taijiquan"

[θe:ti-eɪt fɔ:mz "tʃen"-stail "taijiquan"] 陈式三十

八式太极拳

Thrity-Six Close Contact Skills Boxing

[θe:ti-siks 'klouz 'kɒntækt skilz 'bɒksɪn] 三十六闭手

Thirty-Two Forms Long Boxing

[θə:ti-tu: fə:mz lɒŋ 'bɒksɪŋ] 三十二式长拳

Thirty-Two Forms "Taiji" Swordplay

[θə:ti-tu: fə:mz "taiji" 'sə:dplei] 三十二式太极剑

thoracic breathing [θə(:)ræsɪk 'bri:ðɪŋ] 胸式呼吸

thorax [θə:ræks] 胸

those with careers in the field of "Wushu".

[ðəuz wið kə'riəz in ðə fi:ld əv "wushu"] 武术工作者

thread bridge [θred brɪdʒ] 穿桥

Three-Emperor Cannon Boxing

[θri: 'empərə 'kænən 'bɒksɪŋ] 三皇炮捶

three-foot-long sword [θri-fu:t-lɒŋ sə:d] 三尺剑

three forms [θri: fə:mz] 三型

three-in-one form [θri:-in-wʌn fə:m] 三体式

Three-Man Combat [θri:-mæn 'kɒmbət] 三人对拳

Three-Man Contest [θri:-mæn kən'test] 三人对打

Three-Man Cudgel Play [θri:-mæn 'kʌdʒəl plei] 三人对棍

three-section staff [θri:-'sekʃən stɑ:f] 三节棍

three steps forward and three steps backward

[θri: steps 'fɔ:wəd ænd θri: steps 'bækwəd] 进三退三

three steps forward and two steps backward

[θri: steps 'fɔ:wəd ænd tu: steps 'bækwəd] 进三退二

three-tined fork [θri:-'taɪnd fɔ:k] 三股叉

three to seven stance [θri: sevn stæns] 三七步

three "yang" channels of foot [θri: "yang" 'tʃænz əv fut]

足三阳经

three "yang" channels of hand [θri: "yang" 'tʃænlz əv hænd]

手三阳经

three "yin" channels of foot [θri: "yin" 'tʃænlz əv fu:t]

足三阴经

three "yin" channels of hand [θri: "yin" tʃænlz əv hænd]

手三阴经

Through-the-Back Boxing [θru:-ðə-bæk 'bɒksɪŋ] 通背拳

throw down [θrou daʊn] 摔倒

throw head [θrou hed] 甩头 (摆头)

throw in the towel [θrou in ðə 'tauə] 弃权, 放弃

throw opponent to the ground

[θrou ə'pəʊnənt tu ðə graʊnd] 将对方摔倒

throwing method ['θrouɪŋ 'meθəd] 摔法

thrust [θrʌst] 扎, 刺

thrust broadsword [θrʌst 'brɔ:dsɔ:d] 扎刀

thrust fist [θrʌst fɪst] 冲拳

thrust fist downward in seated step

[θrʌst fɪst 'daʊnwəd in 'si:tɪd step] 歇步下冲拳

thrust hand [θrʌst hænd] 穿手

thrust palm [θrʌst pɑ:m] 标掌

thrust palm downward [θrʌst pɑ:m 'daʊnwəd] 插掌

thrust spear [θrʌst spiə] 扎枪

thrust spear downward [θrʌst spiə 'daʊnwəd] 下扎枪

thrust spear horizontally forward at chest level

[θrʌst spiə ,hɒri'zɒntli 'fə:wəd ət tʃest 'levl] 中平扎枪

thrust spear in straight line [θrʌst spiə in streɪt laɪn] 枪扎

一条线

thrust spear like shooting an arrow, in and out along one line

[θrʌst spiə laik 'ʃu:tin ən 'ærou, in ænd aut ə'lɒŋ wʌn
lain] 刺枪如射箭, 往来一条线

thrust spear upward [θrʌst spiə 'ʌpwəd] 上扎枪

thrust sword [θrʌst sɔ:d] 刺剑

thrust with end of cudgel [θrʌst wið end əv 'kʌdʒəl] 戳棍

thumb [θʌm] 拇指

thump [θʌmp] 重击

"tianchi" ["tianchi"] 天池

"tianchong" ["tianchong"] 天冲

"tianchuang" ["tianchuang"] 天窗

"tianfu" ["tianfu"] 天府

"tianshu" ["tianshu"] 天枢

"tiantu" ["tiantu"] 天突

"tianzhu" ["tianzhu"] 天柱

tiger claw ['taigə klə] 虎爪

Tiger-Crane Double Style Boxing

['taigə-krein 'dʌbl stail 'bɒksɪŋ] 虎鹤双形拳

Tiger Exercise ['taigə 'eksəsaɪz] 虎形

Tiger Pounce ['taigə paʊns] 扑虎

Tiger Springs on Prey ['taigə sprɪnz ɒn prei] 猛虎扑食

Tiger Style Boxing ['taigə stail 'bɒksɪŋ] 虎拳

tiger's-paw hand ['taigəz-pə: hənd] 虎爪

tight [taɪt] 紧, 紧的

tilt [tɪlt] 崩

tilt broadsword [tilt 'brə:dsə:d] 崩刀

tilt cudgel [tilt 'kʌdʒəl] 崩棍

tilt palm in high empty step

[tilt pɑ:m in hai 'empti step] 高虚步挑掌

tilt spear [tilt spiə] 崩枪

tilt sword [tilt sə:d] 崩剑

time [taim] 时间, 次, 倍数

time-keeper [taim-'ki:pə] 计时员

timely defence ['taimli di'fens] 防守及时

timely forward step ['taimli 'fə:wəd step] 上步及时

"tinghui" ["tinghui"] 听会

tip of broadsword [tip əv 'brə:dsə:d] 刀尖

tip of cudgel [tip əv 'kʌdʒəl] 棍梢

tip of foot hooked in [tip əv fu:t hu:kt in] 脚尖内扣

tip of spear [tip əv spiə] 枪尖

tip of sword [tip əv sə:d] 剑尖

tip of tongue [tip əv tʌŋ] 舌尖

tip of tongue touching hard palate

[tip əv tʌŋ 'tʌtʃɪŋ hɑ:d 'pælit] 舌尖抵上腭

tip-section [tip-'sekʃən] 梢节

toe-in step [tou-in step] 扣步

toe-out step [tou-aut step] 摆步

toes [touz] 脚趾

toes grasp the ground [touz grɑ:sp ðə graund] 脚趾抓地

toes inward [touz 'inwəd] 脚尖内扣

toes on floor [touz ɒn flɔ:] 脚尖点地

toes on ground [touz ən 'graund] 脚尖点地
toes outward [touz 'autwəd] 脚尖外撇
toes pointed [touz 'pointid] 绷脚面
toes pointing outward [touz 'pɔɪntɪŋ 'autwəd] 脚尖外展
toes pointing slightly inward

[touz 'pɔɪntɪŋ 'slaitli 'ɪnwəd] 脚微内扣

toes turned out [touz 'tə:nd aut] 脚尖外展

“Tongbei Quan” [“tɒŋbei kwən”] 通背拳

“tongtian” [“tɒŋtian”] 通天

tongue [tʌŋ] 舌

top of head [tɒp əv hed] 颅顶

topple over backwards [ˈtɒpl 'əʊvə 'bækwədz] 向后绊摔

tornado kick [tə:'neɪdou kik] 旋风脚

toss spear [tɒs spiə] 抛枪

total points [ˈtəʊtl pɔɪnts] 总分

total score [ˈtəʊtl skɔ:] 总成绩

tournament [ˈtʊənəmənt] 比赛, 竞赛

toward [tə'wɔ:d] 朝、向

traditional [trə'dɪʃənəl] 传统的

traditional chinese boxing [trə'dɪʃənəl 'tʃai'ni:z 'bɒksɪŋ]

传统拳术

traditional routine [trə'dɪʃənəl ru:'ti:n] 传统套路

train [treɪn] 训练

training bag [ˈtreɪnɪŋ bæɡ] 练习袋

training cycle [ˈtreɪnɪŋ 'saɪkl] 训练周期

training effect [ˈtreɪnɪŋ i'fekt] 训练效果

training ground ['treinɪŋ graʊnd] 训练场地
 training hall ['treinɪŋ hɔ:l] 训练馆
 training intensity ['treinɪŋ ɪn'tensɪti] 训练强度
 training load ['treinɪŋ laʊd] 训练负荷, 运动量
 training methods ['treinɪŋ 'meθədz] 训练方法
 training period ['treinɪŋ 'piəriəd] 训练期
 training plan ['treinɪŋ plæn] 训练计划
 training program ['treinɪŋ 'prəʊgræm] 训练大纲
 training room ['treinɪŋ ru:m] 训练房
 training schedule ['treinɪŋ 'skedʒul] 训练进度表
 training session ['treinɪŋ 'seʃən] 训练课
 transfer weight onto ... [træns'fə: weɪt 'əntu ...] 重心
 转移到……

transfer weight onto left foot [træns'fə: weɪt 'əntu left fʊt]
 重心移至左脚

transition movement [træn'sɪʒən 'mu:vmənt] 过渡动作
 tremendous force [tri'mendəs fɔ:s] 巨力
 triangle-step ['traɪæŋgl-step] 三角步
 trident ['traɪdɪnt] 三股叉

trip [trip] 绊

trip from behind [trip frəm bi'haind] 向后拌摔
 triple-pointed double-bladed long-hilt sabre

['tripl-'pɔɪntɪd 'dʌbl-'bleɪdɪd lɒŋ-hɪlt 'seɪbə] 三尖两刃
 刀

trunk [trʌŋk] 躯干

(trunk) leaning backward [(trʌŋk) 'li:nɪŋ 'bækwəd] 上体

后倾

(trunk) leaning forward [(trʌŋk) 'li:nɪŋ 'fə:wəd] 上体前倾

trunk upright [trʌŋk 'ʌpraɪt] 上体正直

try out [traɪ aʊt] 选拔

tumbling ['tʌmblɪŋ] 跌扑滚翻

tumbling exercise ['tʌmblɪŋ 'eksəsaɪz] 跌扑滚翻练习

turn [tɜ:n] 转

Turn and Strike Face like Cannon

[tɜ:n ænd straɪk feɪs laɪk 'kænən] 回头当门炮

turn-back palm [tɜ:n-bæk pɑ:m] 背身掌

turn body [tɜ:n 'bɒdi] 转身

turn body and circle whip on back

[tɜ:n 'bɒdi ænd 'sə:kl hwɪp ɒn bæk] 转身背花鞭

turn body and cross kick [tɜ:n 'bɒdi krɒs kɪk] 转身十字腿

turn body and deflect (opponent's) arm

[tɜ:n 'bɒdi ænd dɪ'flekt (ə'pəʊnənts) ɑ:m] 转身大捋

turn body and lotus kick [tɜ:n 'bɒdi ænd 'lɒtəs kɪk] 转身摆莲

turn body and jump slap kick

[tɜ:n 'bɒdi ænd dʒʌmp slæp kɪk] 翻身二起脚

Turn Body and Pounce Like Tiger

[tɜ:n 'bɒdi ænd paʊns laɪk 'taɪgə] 翻身扑虎

turn body and straighten leg in defence

[tɜ:n 'bɒdi ænd 'streɪtn leg ɪn dɪ'fens] 转体蹬腿防守

turn body and swing whip horizontally

[tɜ:n 'bɒdi ænd swɪŋ hwɪp ,hɒri'zɒntli] 转身平抡鞭

turn body and throw fist [tə:n 'bɒdi ænd θrou fist] 转身

撒身捶

turn body flying lotus kick

[tə:n 'bɒdi 'flaɪɪŋ 'ləʊtəs kik] 腾空转身摆莲

turn body jumping slap kick [tə:n 'bɒdi 'dʒʌmpɪŋ slæp kik]

腾空转身飞脚

turn body in defence [tə:n 'bɒdi in di'fens] 闪身防守

turn body to the left and kick outside with right leg

[tə:n 'bɒdi tu ðə left ænd kik 'aʊt'saɪd wið raɪt leg]

左转身右摆腿

turn body, swing arms and kick

[tə:n 'bɒdi, swɪŋ ɑ:mz ænd kik] 转身抡臂踢腿

turn body with six closings [tə:n 'bɒdi wið sɪks kləʊzɪŋz]

转身六合

turn body with whip on back [tə:n 'bɒdi wið hwɪp ɒn bæk]

转身背鞭

Turn Flowers Out and Brandish Sleeves

[tə:n 'flaʊəz aʊt ænd 'brændɪʃ sli:vz] 翻花舞袖

Turn Flowers Out From the Bottom of the Sea

[tə:n 'flaʊəz frəm ðə 'bɒtəm ðə si:] 海底翻花

turn forearm inward [tə:n 'fɔ:ra:m 'ɪnwəd] 前臂内旋

turn forearm outward [tə:n 'fɔ:ɑ:m 'aʊtwəd] 前臂外旋

turn heel inward [tə:n hi:l 'ɪnwəd] 脚跟转向里

turn in knees [tə:n in ni:z] 掩膝

turn over [tə:n 'əʊvə] 翻转

turn over body [tə:n 'aʊtə 'bɒdi] 翻身

turn torso [tə:n tɔ:sou] 转体

turn torso to the right [tə:n 'tɔ:sou tu ðə rait] 腰向右转

turn trunk [tə:n trʌŋk] 转腰

turn waist over [tə:n weist 'ouvə] 翻腰

turn waist to neutralize [tə:n weist tu 'nju:trəlaiz] 转腰
化解

Turn Windmill Back [tə:n 'windmil bæk] 倒拽风车

turning step ['tə:nɪŋ step] 拐步

Twelve-Animals Style Boxing [twelv-'æniməlz stail 'bɒksɪŋ]

形意十二形

twelve forms [twelv fɔ:mz] 十二形

twelve regular channels [twelv 'regjələ 'tʃænlz] 十二正经

Twenty-Four-Form Simplified "Taijiquan"

['twenti-fɔ:-fɔ:m 'simplifaɪd "taijiquan"] 二十四式

简化太极拳

Twenty-Four-Form "Tongbeiquan"

['twenti-fɔ:-fɔ:m "tougbeiquan"] 二十四式通背拳

twining power ['twainɪŋ 'paʊə] 缠丝劲

twist [twɪst] 拧

twist backward and hold wrists

[twɪst 'bɒkwəd ænd hold rɪst] 反擒腕

twist body [twɪst 'bɒdi] 拧身

twist bridge [twɪst brɪdʒ] 缠桥

twist broadsword [twɪst 'brɔ:dsɔ:d] 绞刀

Twist Elbow [twɪst 'elbou] 拗弯肘

twist grasp [twɪst grɑ:sp] 缠手

twist hips and turn shoulders [twist hips ænd tɔ:n 'ʃouldəz]

拧胯转肩

twist leg [twist leg] 缠腿

twist waist [twist weist] 拧腰

twist wrist [twist rist] 旋腕, 拧腕

twisting force ['twisting fɔ:s] 拧劲

twisting hammerlock ['twisting 'hæmələk] 别臂

two-section long imbalanced cudgel

[tu:-'sekʃən lɔŋ im'bælənst 'kʌdʒəl] 梢子棍

two-section staff [tu:-'sekʃən stɑ:f] 两节棍

two-tined fork [tu:-'taɪnd fɔ:k] 两股叉

typical fault ['tipikəl fɔ:lt] 典型错误

U

umbilicus [ʌm'bilikəs] 脐

unable to defend oneself ['ʌn'eɪbl tu di'fend wʌn'self]

丧失防守能力

unclear weapon technique ['ʌn'kliə 'wepən tek'ni:k] 器械

方法不清楚

undulating [ʌndʒuleɪtɪŋ] 起伏

unfinished routine ['ʌn'fɪnɪʃt ru:'ti:n] 没有完成套路

unified standard ['ju:nɪfaɪd 'stændəd] 统一规格

unique style of attack [ju:'ni:k stail əv ə'tæk] 独特的技

击方式

unsheathe [ˈʌnˈʃiːð] 出鞘(刀、剑等)

unsteady [ʌnˈstedi] 不稳的

unsteady performance [ʌnˈstedi pəˈfɔːməns] 动作不稳健

unusual style [ʌnˈjuːʒuəl stail] 风格别致

up [ʌp] 向上

up to shoulder level [ʌp tu ˈʃouldə ˈlevl] 高与肩平

upper and lower limbs well-coordinated

[ˈʌpə ænd ˈləʊə limz wel-kouˈəːdɪnɪtɪd] 上下肢配合协调

upper-arm [ˈʌpə-ɑːm] 上臂

upper block with fist [ˈʌpə blɒk wið fist] 架拳

upper body [ˈʌpə ˈbɒdi] 上体

uppercut with broadsword [ˈʌpəkʌt wið ˈbrɔːdsɔːd] 撩刀

uppercut with cudgel [ˈʌpəkʌt wið ˈkʌdʒəl] 撩棍

uppercut with sword [ˈʌpəkʌt wið sɔːd] 撩剑

upper defence [ˈʌpə diˈfens] 防上

upper-front [ˈʌpə-frʌnt] 前上方

upper hook fist [ˈʌpə hʊk fist] 上勾拳

upper-left [ˈʌpə-left] 左上方

upper left defence [ˈʌpə left diˈfens] 防左上

upper limb [ˈʌpə lim] 上肢

upper part of body [ˈʌpə pɑːt əv ˈbɒdi] 上体

upper-rear [ˈʌpə-riə] 后上方

upper-right [ˈʌpə-raɪt] 右上方

upper-right defence [ˈʌpə-raɪt diˈfens] 防右上

upper section ['ʌpə 'sekʃ:n] 上盘

uppercut ['ʌp:kʌt] 撩

uppercut fist ['ʌpəkʌt fɪst] 上勾拳

uppercut with fist ['ʌpəkʌt wið fɪst] 抄拳

upright ['ʌpraɪt] 直立的

upturn ['ʌptɜ:n] 上翻

upward ['ʌpwɜ:d] 向上的, 向上

upward cudgel parry ['ʌpwəd 'kʌdʒəl 'pæri] 挂棍

upward defence riposte methods

['ʌpwəd dɪ'fens ri'poust 'meθədz] 防上反击法

upward elbow block ['ʌpwəd 'elbou blɒk] 架肘

upward parry ['ʌpwəd 'pæri] 向上格挡

upward parry followed by downward chop in bow step

- ['ʌpwəd 'pæri 'fələud baɪ 'daunwəd tʃɒp ɪn baʊ steɪp]

弓步架劈

upward parry in defence ['ʌpwəd 'pæri ɪn dɪ'fens] 挂防

upward parry with broadsword

['ʌpwəd 'pæri wið 'brɔ:dsɔ:d] 挂刀

upward parry with sword ['ʌpwəd 'pæri wið sɔ:d] 上挂剑

usage ['ju:zɪdʒ] 用法

use force [ju:s fɔ:s] 用力

use of the broadsword [ju:s əv ðə 'brɔ:dsɔ:d] 刀的技法

use of the cudgel [ju:s əv ðə 'kʌdʒəl] 棍的技法

use of the spear [ju:s əv ðə spiə] 枪的技法

use of the sword [ju:s əv ðə sɔ:d] 剑的技法

use waist as driving force for leg sweep

[ju:s weɪst əz 'draɪvɪŋ fə:s fə: læg swi:p] 以拧腰带
劲扫腿

using ... as pivot ['ju:sɪŋ ... əz 'pɪvət] 以……为轴

using right foot as pivot ['ju:sɪŋ raɪt fu:t əz 'pɪvət] 以右脚
为轴

V

Vajra Boxing ['vədʒɑ: 'bɒksɪŋ] 金刚拳

Vajra Pounds Mortar ['vədʒɑ: paundz 'mə:tə] 金刚捣碓

valid hit ['vælɪd hit] 击中有效

vanguard blow ['væŋɡɑ:d bləʊ] 先锋拳

variation [vəəri'eɪʃən] 变化

variation of tactics [vəəri'eɪʃən əv 'tæktɪks] 战术变化

variety [və'raɪəti] 种类

various styles ['vɛəriəs stɑɪlz] 各种风格

vertical circle ['vɜ:tɪkəl 'sə:kl] 立圆

vertical plane ['vɜ:tɪkəl pleɪn] 垂直面

versus ... ['vɜ:səs ...] 对...

victor ['vɪktər] 优胜者

vital energy ['vaɪtl 'enədʒi] 气

vital part of body ['vaɪtl pɑ:t əv 'bɒdi] 身体要害部位

void [vɔɪd] 虚

W

wade forward and twist step (on both sides)

[weɪd 'fɔ:wəd ænd twɪst step (ən baʊθ saɪdz)] (左、

右) 前踵拗步

“waiguan” [“waiguan”] 外关

“Waijia” Boxing [“waijia” 'bɒksɪŋ] 外家拳

waist [weɪst] 腰

waist erect [weɪst ɪ'rekt] 直腰

waist exercise [weɪst 'eksəsaɪz] 腰部练习

waist high [weɪst haɪ] 高与腰齐

waist-hold throw [weɪst-hould θrou] 抱腰摔

wai : like a screw and feet like drills

[weɪst laɪk ə skru: ænd fi:t laɪk dɹɪlz] 腰似螺丝, 脚似

钻

waist like a wriggling snake [weɪst laɪk ə 'rɪɡlɪŋ sneɪk] 腰似

蛇行

waist like an axle [weɪst laɪk ən 'æksl] 腰如中轴

waist not turned sufficiently [weɪst nɒt tə:nd sə'fɪʃəntli]

转腰不充分

waist serves as axis [weɪst.səvz əz 'æksɪs] 以腰为轴

waist-sabre [weɪst 'seɪbə] 腰刀

walk obliquely and twist step (on both sides)

[wɔ:k ə'bli:kli ænd twɪst step (ɔn baʊθ saɪdz)] (左、右)斜行拗步

Walking Boxing ['wɔ:lkɪŋ 'bɒksɪŋ] 行拳

Walking Broadsword Play ['wɔ:lkɪŋ 'brɔ:dsɔ:d pleɪ] 行刀

walking force ['wɔ:lkɪŋ fɔ:s] 走劲

Walking Staff Play ['wɔ:lkɪŋ stɑ:f pleɪ] 行棍

walking step ['wɔ:lkɪŋ step] 行步

Walking Swordplay ['wɔ:lkɪŋ 'sɔ:dpleɪ] 行剑

ward off [wɔ:d ə(:)f] 招架, 棚

ward off, deflect, shove and press

[wɔ:d ə(:)f, dɪ'flekt, ʃʌv ænd pres] 棚捋挤按

warding-off force ['wɔ:diŋ ə(:)f fɔ:s] 棚劲

warding off form ['wɔ:diŋ ə(:)f fɔ:m] 棚式

warding-off movement ['wɔ:diŋ-ə(:)f 'mu:vment] 棚

warm-down ['wɔ:m-daʊn] 整理活动

warm-up ['wɔ:m-ʌp] 准备活动

Wave Fan in Front of Gate [weɪv fæn ɪn frʌnt əv geɪt] 迎门挥扇

wave hands [weɪv hændz] 运手

wave hands like clouds [weɪv hændz laɪk klaʊd] 云手

waving lotus cross kick ['weɪvɪŋ 'ləʊtəs krɒs kɪk] 十字摆莲

莲

weak point [wi:k poɪnt] 弱点, 薄弱部位

weapon ['wepən] 兵器

weapon routine [wepən ru:'ti:n] 器械套路

weapon specification [ˈwepən ˌspesɪfɪˈkeɪʃən] 器械规格

weapons dance [ˈwepənz daːns] 武舞 (持械舞)

weapons exercise [ˈwepənz ˈeksəsaɪz] 器械练习

weigh in [wei ɪn] 称量体重

weight moves onto left (right) leg

[weɪt muːvz ˈɒntuː left (raɪt) leg] 重心移到左 (右) 腿

weight training [weɪt ˈtreɪnɪŋ] 力量练习

“weiyang” [ˈweiyang] 委阳

“weizhong” [ˈweizhong] 委中

well-balanced [wel-ˈbælənst] 对称

well-proportioned [wel prəˈpɔːʃənd] 匀称

when fighting, fight as if there is no opponent; when practising, fight as if you are facing your worst opponent.

[hwen ˈfaɪtɪŋ, faɪt əz ɪf ðəə ɪz nɒu əˈpəʊnənt; hwen ˈpræktɪsɪŋ, faɪt əz ɪf juː ɪs ˈfeɪsɪŋ juə wɜːst əˈpəʊnənt]

拳打有人似无人, 拳打无人似有人

when playing double-broadswords watch one's footwork

[hwen ˈpleɪɪŋ dʌbl-ˈbrɔːdsɔːdz wɒtʃ wʌnz ˈfʊtwɜːk]

双刀看走

when playing long-handle broadsword keep eyes on the blade

[hwen ˈpleɪɪŋ lɒŋ-ˈhændl ˈbrɔːdsɔːd kiːp aɪz ɒn ðə bleɪd] 大刀看口

when playing single broadsword, watch one's hand

[hwen ˈpleɪɪŋ ˈsɪŋgl ˈbrɔːdsɔːd, wɒtʃ wʌnz hænd] 单刀看手

whip [hwip] 鞭

whip-cudgel [hwip 'kʌdʒəl] 鞭杆

whip-staff [hwip-stɑ:f] 鞭杆

whipping (movement) ['hwipɪŋ ('mu:vmənt)] 鞭打动作

whirlwind kick ['hwɜ:lwind kik] 旋风脚

White Ape Presents Fruit [hwaɪt eɪp 'prezts fru:t] 白猿献果

White Crane Spreads Its Wings

[hwaɪt kreɪn spreɪdz ɪts wɪŋz] 白鹤亮翅

White Eyebrow Boxing [hwaɪt-'aɪbraʊ 'bɒksɪŋ] 白眉拳

White Snake Hides in Grass [hwaɪt sneɪk haɪdz ɪn grɑ:s]

白蛇伏草

White Snake Spits Out Its Tongue

[hwaɪt sneɪk spɪts aʊt ɪts tʌŋ] 白蛇吐信

White Snake Swordplay [hwaɪt sneɪk 'sɔ:ɒpleɪ] 白蛇剑

wield [wi:ld] 挥动 (兵器)

Will Boxing [wɪl 'bɒksɪŋ] 意拳

willpower ['wɪlpauə] 意志

win [wɪn] 取胜

win a prize [wɪn ə praɪz] 获奖

win on points [wɪn ɒn pɔɪnts] 以分取胜

winding silk kick ['waɪndɪŋ silk kik] 缠丝腿

windmill and parry with broadsword

[wɪndmɪl ænd 'pæri wɪð 'brɔ:dsɔ:d] 抡挂刀

winner ['wɪnə] 优胜者

"wishu" ["wɪʃu"] 胃俞

with sole flat on floor [wɪð səʊl flæt ɒn flɔ:] 以前全脚着地

withdraw ['wiðdrə:] 带, 抽回

withdraw bridge [wið'drə: brɪdʒ] 抽桥

withdraw broadsword ['wiðdrə: 'brɔ:dsɔ:d] 带刀

withdraw hips [wið'drə: hips] 收胯

withdraw left (right) foot [wið'drə: left (rait) fut] 收左

(右)脚

withdraw spear [wið'drə: spiə] 带枪

withdraw sword [wið'drə: sɔ:d] 带剑

without any interruption [wi'ðaut 'eni ,intə'rʌpʃən] 一气

呵成

without stopping previous movement

[wi'ðaut stɒpiŋ 'pri:vjəs 'mu:vmənt] 上动不停

women's individual all-round title

['wiminz ,indi'vidjuəl ə:l-raund 'taɪtl] 女子全能冠军

Women's Intermediate Class Boxing

['wiminz ,intə(:)'mi:dʒət klɑ:s 'bɒksɪŋ] 女子乙组拳

world of "wushu" [wə:ld əv "wushu"] 武术界

wrap-head broadsword [ræp-hed 'brɔ:dsɔ:d] 裹脑刀

wrap kick [ræp kik] 缠丝腿

wrap whip around waist [ræp hwɪp ə'raund weɪst] 缠腰鞭

Wrapping Fire Crackers on the Left Side

['ræpiŋ faɪə 'krækəz ɒn ðə left saɪd] 左裹鞭炮

Wrapping Fire Crackers on the Right Side

['ræpiŋ faɪə 'krækəz ɒn ðə rait saɪd] 右裹鞭炮

wrestling ['reslɪŋ] 角觝, 摔跤

wrestling holds ['reslɪŋ houldz] 摔法

wring [rin] 绞, 拧, 挤, 扭

wrist [rist] 腕

wrist action [rist 'ækʃən] 腕部动作

wrist band [rist bænd] 护腕

wrist-hold [rits-hould] 抓腕

wrist rotation [rist rou'teɪʃən] 转腕

wrists crossed [rists 'krɒ(:)st] 手腕交叉

"Wu" Style Boxing ["wu" stail 'bɒksɪŋ] 巫家拳

"Wu" Style "Taijiquan" ["wu" stail 'taijiquan"] 吴式太
极拳

"Wu" Style "Taijiquan" ["wu" stail 'taijiquan"] 武式
太极拳

"Wudang" Boxing ["wudang" 'bɒksɪŋ] 武当拳

"Wudang" School ["wudang" sku:l] 武当派

"Wuji" Boxing ["wuji" 'bɒksɪŋ] 无极拳

"Wushu" ["wushu"] 武术

"Wushu" Academy ["wushu" ə'kædəmi] 武术学院

"Wushu" Association ["wush" ə'səʊsi 'eɪʃən] 武术协会

"Wushu" class ["wushu" klɑ:s] 武术课

"Wushu" Coaching Center ["wushu" koutʃɪŋ 'sentə] 武
术辅导站

"Wushu" community ["sushu" kə'mju:niti] 武术团体

"Wushu" course ["sushu" kɔ:s] 武术课程

"Whush" delegation ["wushu" ,deli'geɪʃən] 武术代表团

"wushu" department ["wushu" di'pɑ:tmənt] 武术系

"wushu" expert ["wushu" 'ekspə:t] 武术行家

- “Wushu” Federation [“wushu” ˌfedəˈreɪʃən] 武术联合会
- “wushu” film [“wushu” fɪlm] 武术影片
- “wushu” master [“sushu” ˈmɑːstə] 武术家
- “Wudang” Mountains [“wudang” ˈmaʊntɪnz] 武当山
- “wushu” organization [“wushu” ˌɔːɡənəɪˈzeɪʃən] 武术组织
- “Wushu” Research Committee [“wushu” riˈsəːtʃ kəˈmɪti] 武术研究会
- “Wushu” Research Institute [“wushu” riˈsəːtʃ ˈɪnɪtjuːt] 武术研究院
- “wushu” routine [“wushu” ruːˈtiːn] 武术套路
- (“wushu”) school routine [(“wushu”) skuːl ruːˈtiːn] 拳种套路
- “Wushu” Society [“wushu” səˈsaɪəti] 武术社
- “wushu” specialist [“wushu” ˈspeʃəlist] 武术家
- “wushu” team [“wushu” tiːm] 武术(代表)队
- “wushu” weapon techniques [“wushu” ˈwepən tekˈniːks] 器械方法
- “wushu” world [“wushu” wəːld] 武术界

X

- “Xia” Style Boxing [“xia” stail ˈbɒksɪŋ] 侠家拳
- “xiaguan” [“xiaguan”] 下关

“xiangpu” (the equivalent of modern sumo).

["xiangpu" (ði: i'kwivələnt əv 'mɒdən 'su:mou)] 相扑

“Xiangxing” Boxing ["xiangxing" 'bɒksɪŋ] 象形拳

“Xiaohongquan” ["xiaohongquan"] 小红拳

“xiawan” ["xiawan"] 下腕

“xingyi” Boxing ["xingyi" 'bɒksɪŋ] 形意拳

“xinyi” Boxing ["xinyi 'bɒksɪŋ] 心意拳

“Xinyi Liuhe” Boxing ["xinyi liuhe" 'bɒksɪŋ] 心意六合拳

“Xinshu” ["xinshu"] 心俞

“Xuanji” ["xuanji"] 璇玑

“Xuehai” ["xuehai"] 血海

Y

“yamen” ["yamen"] 哑门

“Yan Qing” Boxing ["yan qing" 'bɒksɪŋ] 燕青拳

“yang chiao” channel ["yan chiao" 'tʃænɪ] 阳跷脉

“Yang” Style Spearplay ["yang 'stail 'spiəplei] 杨家枪

“Yang” Style “Taijiquan” ["yang" stail 'taijiquan"]

杨式太极拳

“yang wei” channel ["yang wei" 'tʃænɪ] 阳维脉

“yangchi” ["yangchi"] 阳池

“yanggu” ["yanggu"] 阳谷

“Yangmei” Swordplay ["yangmei" 'sɔ:dplei] 杨眉剑

“yaoshu” [“yaoshu”] 腰俞

“yaoyan” [“yaoyan”] 腰眼

yell [jel] 喊, 发声

Yellow Dragon Stirs Water Three Times

[‘jelou ‘dræŋən stə:z ‘wə:tə θri: taimz] 黄龙三搅水

yield [ji:ld] 顺势

yielding palm [‘ji:ldiŋ pɑ:m] 顺势掌

“yin” and “yang” [“yin” ænd “yang”] 阴阳

“yin chiao” channel [“yin chiao” ‘tʃæn] 阴跷脉

“yin wei” channel [“yin wei” ‘tʃæn] 阴维脉

“Yin-Yang” Boxing [“yin-yang” ‘bæksɪŋ] 两仪拳

“yingu” [“yingu”] 阴谷

“yingxiang” [“yingxiang”] 迎香

“yinjiao” [“yinjiao”] 阴交

“yintang” [“yintang”] 印堂

“Yizi” Boxing [“yizi” ‘bæksɪŋ] 义子拳

“yongquan” [“yongquan”] 涌泉

“youmen” [“youmen”] 幽门

Youth Long Boxing [ju:θ lɒŋ ‘bæksɪŋ] 青年长拳

“Yu” School Boxing [“yu” sku:l ‘bæksɪŋ] 鱼门拳

“Yue” Style boxing [“yue” stail ‘bæksɪŋ] 岳家拳

“Yue” Style Linked Boxing [“yue” stail linkt ‘bæksɪŋ]

氏连拳

“yuji” [“yuji”] 鱼际

“Yumenquan” [“yumenquan”] 余门拳

“yunmen” [“yunmen”] 云门

“yuzhen” [“yuzhen”] 玉枕

Z

“Zha” Boxing [“zha” ‘bəksɪŋ] 查拳

“zhangmen” [“zhangmen”] 章门

“Zhaobao”-Style (“Chen” Style “Taijiquan”)

[“zhaobao”-stail (“chen” stail “taijiquan”)] 赵堡架

(陈式太极拳)

“Zhaquan” Routine Number Four

[“zhaquan” ru:’ti:n ‘nʌmbə fə:] 四路查拳

“Zhongchong” [“zhongchong”] 中冲

“zhongfu” [“zhongfu”] 中府

“zhongshu” [“zhongshu”] 中樞

“zhongwan” [“zhongwan”] 中脘

“zigong” [“zigong”] 紫宫

“Zimuquan” [“zimuquan”] 子母拳

“zusanli” [“zusanli”] 足三里

汉英武术常用词汇

**Chinese-English
Wushu Glossary**

一、一般词汇 (General Words)

- 功, 能力 ability [ə'bilɪti]
业余爱好者 amateur ['æmətə:]
突然, 出其不意 abruptly [əb'rʌptli]
艺术, 技术, 技艺 art [ɑ:t]
进攻 attack [ə'tæk]
意识 awareness [ə'weɪnɪs]
向后 backward ['bækwəd]
弯曲 bend [bend]
招架, 格挡 block [blɒk]
打击 blow [bləʊ]
练拳者 boxer ['bɒksə]
制动 brake [breɪk]
挥舞 (兵器) brandish ['brændɪʃ]
呼吸 breathe ['bri:ð]
接 brush [brʌʃ]
撞 bump [bʌmp]
顶, 撞 butt [bʌt]
静 calmness ['kɑ:mnis]
特点 characteristic [ˌkærɪktə'rɪstɪk]
劈, 砍 chop [tʃɒp]
划弧 circle ['sə:kl]
叮当声 (器械相击的) clash [kleɪʃ]
扣住 clasp [klɒ:sp]

教练 coach [kəʊtʃ]
 缠, 绞 coil [kəɪl]
 格斗, 跟…格斗 combat ['kæmbæt]
 组合 combination [kəmbi'neɪʃən]
 紧凑 compact [kəm'pækt]
 竞赛者 competitor [kəm'petɪtə]
 收势 conclusion [kən'klu:ʒən]
 连接 connect [kə'nekt]
 竞争者 contender [kən'tendə]
 竞争, 争夺 contest [kən'test]
 竞赛者 contestant [kən'testənt]
 连贯 continuity [kənti'nju(:)ɪti]
 使……一致 coordinate [kou'ə:dɪneɪt]
 掩护, 盖 cover ['kʌvə]
 截 crosscut ['krɒ(:)skʌt]
 劈, 砍 cut [kʌt]
 将 deflect [di'flekt]
 图, 图解 diagram ['daɪəgrəm]
 停止 discontinue ['diskən'tɪnju(:)]
 独特的 distinct [dis'tɪŋkt]
 躲闪 dodge [dɒdʒ]
 向下 down [daʊn]
 向下的、向下 downward ['daʊnwəd]
 牵, 拖 drag [dræg]
 拉, 收, 抽 draw [drɔ:]
 弹性, 灵活性 elasticity [eləs'tɪsɪti]

虚	emptiness	['emptinis]
虚	empty	['empti]
错误	error	['erə]
呼气	exhale	[eks'heil]
伸展	extend	[iks'tend]
鞭打, 掸	flail	[fleil]
晃	flash	['flæʃ]
灵活性, 柔韧性	flexibility	[fleksə'biłiti]
崩	flick	[flik]
创始人	founder	['faundə]
向前	forward	['fə:wəd]
左前方	forward-left	['fə:wəd-left]
右前方	forward-right	['fə:wəd-rait]
左前方	front left	[frʌnt left]
右前方	front right	[frʌnt rait]
基本功	fundamentals	[fʌndə'mentlɪz]
喘气	gasp	[gɑ:sp]
搂, 抓, 握	grab	[græb]
拿	grapple	['græpl]
抓, 握	grasp	[grɑ:sp]
防守	guard	[gɑ:d]
砍	hack	[hæk]
停	halt	[hə:lt]
手倒立	handstand	['hændstænd]
协调	harmony	['hɑ:məni]
抓, 握, 抱	hold	[hould]

握法, 持械方法 holding method ['houldɪŋ 'meθəd]
 模仿 imitate ['ɪmɪteɪt]
 倾斜, 屈身, 低头 incline [ɪnk'lain]
 惯性, 惯量 inertia [ɪ'nə:ʃjə]
 背势 inferior [ɪn'fɪəriə]
 吸气 inhale [ɪn'heɪl]
 插入 insert [ɪn'sɜ:t]
 内侧 inside ['ɪn'saɪd]
 讲师, 指导, 教练 instructor [ɪns'trʌktə]
 意图 intention [ɪn'tenʃən]
 截 intercept [ɪntə(:)'sept]
 向内, 内在的 inward ['ɪnwəd]
 跳 jump [dʒʌmp]
 保持 keep [ki:p]
 踢 kick [kɪk]
 跪 kneel [ni:l]
 倾斜 lean [li:n]
 跳 leap [li:p]
 左侧 left-side ['left-saɪd]
 在左边 leftward ['leftwəd]
 使柔软 limber ['lɪmbə]
 连接 link [lɪŋk]
 抱, 夹 lock [lɒk]
 降低 lower ['ləʊə]
 前下方 lower-front ['ləʊə-frʌnt]
 左下方 lower-left ['ləʊə-left]

后下方 lower-rear [ˈlouə-riə]
 右下方 lower-right [ˈlouə-raɪt]
 刺, 戳 lunge [lʌndʒ]
 军事的, 尚武的 martial [ˈmɑːʃəl]
 同时 meanwhile [ˈmiːnˈhwaɪl]
 交锋 meet [mi:t]
 判断错误, 估计错误 misjudge [ˈmɪsˈdʒʌdʒ]
 动作 movement [ˈmuːvmənt]
 接近, 靠近 near [niə]
 斜的 oblique [əˈbliːk]
 对手, 对方 opponent [əˈpounənt]
 对抗 opposition [ˌɒpəˈzɪʃən]
 打败 oust [aʊst]
 外侧 outside [ˈaʊtˈsaɪd]
 向外, 外部的 outward [ˈaʊtwəd]
 头上的, 在头顶上 overhead [ˈoʊvəhed]
 喘气 pant [pænt]
 格挡 parry [ˈpæri]
 分段, 趟, 部分 part [pɑːt]
 陪练者 partner [ˈpɑːtnə]
 经过, 通过 pass [pɑːs]
 完美的, 熟练的 prefect [ˈpɜːfɪkt]
 表演者, 演练者 performer [pəˈfɔːmə]
 刺 pierce [piəs]
 表演, 演练 play [pleɪ]
 运动员 player [pleɪə]

柔韧性 pliability [ˌplaiəˈbiliti]
指向, 点, 分, 指点 point [pɔɪnt]
摆姿势 pose [pəʊz]
姿势 position [pəˈzɪʃən]
姿势 posture [ˈpɒstʃə]
劲力 power [ˈpaʊə]
练习者 practitioner [prækˈtɪʃənə]
按, 压 press [pres]
防止, 阻挡 prevent [priˈvent]
保护, 防守 protect [prəˈtekt]
拉, 拔 pull [pul]
击, 用拳打 punch [pʌntʃ]
推, 挤 push [puʃ]
静 quiescent [kwaiˈesnt]
准备 ready [ˈredi]
后面的 rear [riə]
左后方 rear-left [ˈriə-left]
右后方 rear-right [ˈriə-raɪt]
保持 remain [riˈmeɪn]
要求 require [riˈkwaɪə]
抵抗, 对抗 resist [riˈzɪst]
右侧 right side [raɪt saɪd]
在右边 rightward [ˈraɪtwəd]
起身 rise up [raɪz ʌp]
滚翻 roll [roul]
转 rotate [rouˈteɪt]

套, 套路 routine [ru:'ti:n]
 流派 school [sku:l]
 剪 scissors ['sizəz]
 喊, 发声 scream [skri:m]
 分段, 趟 section ['sekʃən]
 分段, 趟 segment ['segment]
 擒拿 seize [si:z]
 选拔 select [si'lekt]
 自卫 self-defence [self-di'fens]
 分开 separate ['sepərit]
 动作组合 series ['siəri:z]
 套路 set [set]
 闪躲灵活的 shifty ['fifti]
 回避, 躲开 shun [ʃʌn]
 技术, 技能, 技巧, 熟练 skill [skil]
 劈, 砍, 抹 slice [slais]
 劈, 砸 smash [smæʃ]
 柔和 softness ['sɒftnis]
 实 solid ['sɒlid]
 速度 speed [spi:d]
 旋转 spin [spin]
 劈 split [split]
 精神 spirit ['spirit]
 弹 spring [sprɪŋ]
 刺, 扎 stab [stæb]
 沉稳 stable ['steibl]

步型 stance [stæns]
 规格化 standardization [ˌstændədaiˈzeɪʃən]
 沉稳的 steady [ˈstedi]
 步, 迈步 step [step]
 刺, 戳, 粘, 贴 stick [stɪk]
 蹬直, 伸直 straighten [ˈstreɪtn]
 力量 strength [streŋθ]
 击打 strike [straɪk]
 风格, 特点 style [stɑɪl]
 扫 sweep [swi:p]
 摆动 swing [swɪŋ]
 抡 swingover [ˈswɪŋəʊvə]
 对称, 匀称 symmetrical [ˈsɪmetrɪk(əl)]
 接替 take over [teɪk ˈəʊvə]
 教, 指导 teach [ti:tʃ]
 频率 tempo [ˈtempoʊ]
 引诱 tempt [tempt]
 测验 test [test]
 扎, 刺 thrust [θrʌst]
 紧, 紧的 tight [taɪt]
 崩 tilt [tɪlt]
 时间, 次, 倍数 time [taɪm]
 朝, 向 toward(s) [təˈwɔ:d(z)]
 传统的 traditional [trəˈdɪʃənəl]
 训练 train [treɪn]
 绊 trip [trɪp]

转 turn [tə:n]
 翻转 turn over [tə:n 'ouvə]
 拧 twist [twist]
 起伏 undulating ['ʌndjuleitiŋ]
 不稳的 unsteady [ʌn'stedi]
 向上 up [ʌp]
 前上方 upper-front ['ʌpə-frʌnt]
 左上方 upper-left ['ʌpə-left]
 后上方 upper-rear ['ʌpə-riə]
 右上方 upper-right ['ʌpə-rait]
 撩 uppercut ['ʌpəkʌt]
 直立的 upright ['ʌprait]
 上翻 upturn ['ʌptə:n]
 向上, 向上的 upward ['ʌpwəd]
 用法 usage ['ju:zidʒ]
 变化 variation [ˌveəri'eɪʃən]
 种类 variety [və'reɪti]
 对…… versus ... ['və:səs]
 虚 void [vɔɪd]
 挥动(兵器) wield [wi:ld]
 绞, 拧, 挤, 扭 wring [rɪŋ]
 意志 willpower ['wɪlpauə]
 带, 抽回 withdraw ['wiðdrə:]
 喊, 发声 yell [jel]

二、拳术类(Boxing)

(一) 基本技术 (Basic Techniques)

1. 长拳 (Long Boxing/ Chang Quan)

① 伸展性动作 (Extending Movements)

抡臂 arm swingover [ɑ:m 'swiŋ'ouə]

摆臂 armswing ['ɑ:mswiŋ]

后搬腿 back leg press [bæk leg pres]

后压腿 back (leg) stretch [bæk (leg) stretʃ]

甩腰 bend body forward and backward at waist
[bend 'bɒdi 'fɔ:wəd ænd 'bækwəd ət weɪst]

下腰 bend trunk backwards into bridge
[bend trʌŋk 'bækwəds 'intu brɪdʒ]

横叉 center splits ['sentə splits]

涮腰 circle trunk with arms sweeping
['sə:kl trʌŋk wið ɑ:mz 'swi:pɪŋ]

仆步压腿 crouch stance stretch [kraʊtʃ stæns stretʃ]

跌叉 dropping into the splits ['drɒpɪŋ 'intu ðə splits]

正搬腿 front leg press [frʌnt leg pres]

正压腿 front (leg) stretch [frʌnt (leg) stretʃ]

横叉 front splits [frʌnt splits]

高压腿 high leg stretch [haɪ leg stretʃ]

平压腿 horizontal leg stretch [hɒri'zɒntl leg stretʃ]

抱膝 hug knee [hʌg ni:]

跳叉 jumping from the splits ['dʒʌmpɪŋ frɒm ðə splits]

提膝 knee-raising [ni:-'reizin]
 搬腿 leg presses [leg presis]
 提膝抱腿 lift and hold knee [lift and hould ni:]
 提左膝 lift left knee [lift left ni:]
 提右膝 lift right knee [lift rait ni:]
 低压腿 low leg stretch [lou leg stretʃ]
 压腿 press leg [pres leg]
 侧压腿 press leg at side [pres leg at said]
 后搬腿 press leg from behind [pres leg frəm bi'haind]
 正搬腿 press leg from front [pres leg frəm frant]
 侧搬腿 press leg from side [pres leg frəm said]
 后压腿 rear leg press [riə leg pres]
 压肩 shoulder stretch ['ʃouldə stretʃ]
 侧搬腿 side leg press [said leg pres]
 侧压腿 side (leg) stretch [said (leg) stretʃ]
 竖叉 side splits [said splits]
 仆步压腿 stretch leg in crouch stance [stretʃ leg in krautʃ stæns]
 压腿 stretch legs [stretʃ legz]
 劈叉 the splits [ðə splits]
 翻身 turn over body [tə:n 'ouvs 'bɒdi]
 翻腰 turn waist over [tə:n weɪst 'ouvs]
 腰部练习 waist exercises [weɪst 'eksəsaɪzɪz]

② 手型 (Hand Form)

爪 (动物的) claw [klɔ:]

- 鹰爪 eagle's claw ['i:glz klə:]
 鹰爪 eagle's-claw hand ['i:glz-klə: hənd]
 拳眼 eye of fist [ai əv fist]
 拳面 face of fist [feis əv fist]
 拳 fist [fist]
 拳型 fist form [fist fɔ:m]
 立拳 fist with thumb side up [fist wið θəm saɪd ʌp]
 平拳 fist with palm facing downward [fist wið pɑ:m
 'feɪsɪŋ 'daʊnwəd]
 拳心 heart of fist [hɑ:t əv fist]
 勾手 hook hand [huk hənd]
 俯掌 palm downward [pɑ:m 'daʊnwəd]
 掌型 palm form [pɑ:m fɔ:m]
 单指 single finger ['sɪŋgl 'fɪŋgə]
 立掌 standing palm ['stændɪŋ pɑ:m]
 剑指, 剑诀 sword-fingers [sɔ:d-'fɪŋgəz]
 虎爪 tiger's claw ['taɪŋgz klə:]
 虎爪 tiger's-paw hand ['taɪəz-pə: hənd]

⑧ 手法 (Hand Techniques)

- 撩掌 arc palm [ɑ:k pɑ:m]
 接手 brush hand [brʌʃ hənd]
 擒拿 catch and hold [kætʃ ənd həʊld]
 击掌 clap hands [klæp həndz]
 叉掌 cross palms [krouz pɑ:mz]
 横切掌 crosscut palm ['krouskʌt pɑ:m]

舞花手	dancing flower hands	['dɑ:nsɪŋ 'flaʊə hændz]
栽拳	downward plunge fist	['daʊnwəd plʌndʒ fɪst]
架肘	elbow block	['elbou blɒk]
頂肘	elbow butt	['elbou bʌt]
鎖肘	elbow lock	['elbou lɒk]
撞肘	elbow strike	['elbou straɪk]
肘法	elbow techniques	['elbou tek'ni:ks]
側頂肘	elbow to the side	['elbou tu ðə saɪd]
肘法	elbowing	['elbouɪŋ]
拳法	fist techniques	[fɪst tek'ni:ks]
鞭拳	flail fist	[fleɪl fɪst]
掸手	flail hand	[fleɪl hænd]
亮掌	flash palm	[flæʃ pɑ:m]
接手	grab hand	[græb hænd]
劈掌	hack palm	[hæk pɑ:m]
砸拳	hammer strike (smash)	['hæmə straɪk (smæʃ)]
掌击	hand clap	[hænd klæp]
夾肘	hold elbow in	[hould 'elbou in]
抱拳	hold fists on hips	[hould fɪsts ɒn hɪps]
拿腕	hold wrist	[hould rɪst]
拿法	holding techniques	['houldɪŋ tek'ni:ks]
盤肘	hook elbow	[hʊk 'elbou]
刁手	hook grasp	[hʊk grɑ:sp]
砍掌	horizontal palm chop	[həri'zəntl pɑ:m tʃɒp]
橫拳	horizontal punch	[həri'zəntl pʌntʃ]
崩拳	inch punch	[ɪntʃ pʌntʃ]

里格	inward parry	['ɪnwəd 'pæri]
铁沙掌	iron-sand palm	['aɪən-sænd pɑ:m]
抬肘	lift elbow	[lɪft 'elbəʊ]
接手	outward grab	['aʊtwəd græb]
外格	outward parry	['aʊtwəd 'pæri]
架掌	palm block	[pɑ:m blɒk]
劈掌	palm chop	[pɑ:m tʃɒp]
掌法	palm method	[pɑ:m 'meθəd]
推掌	palm pushing	[pɑ:m 'puʃɪŋ]
掌法	palm techniques	[pɑ:m tek'ni:kz]
肘格	parry with elbow	['pæri wɪð 'elbəʊ]
穿掌	piercing palm	['piəsɪŋ pɑ:m]
压肘	press elbow	[pres 'elbəʊ]
盖掌	press palm	[pres pɑ:m]
冲拳	punch fist	[pʌntʃ fɪst]
顶肘	push elbow	[puʃ 'elbəʊ]
推掌	push palm	[puʃ pɑ:m]
滚肘	roll elbow	[rəʊl 'elbəʊ]
分掌	separate palms	['spɛrɪt pɑ:mz]
击掌	slap palm	[slæp pɑ:m]
拍掌	slap palm	[slæp pɑ:m]
挑掌	snap palm	[snæp pɑ:m]
弹掌	spring palm	[sprɪŋ pɑ:m]
弹拳	spring fist	[sprɪŋ fɪst]
劈拳	straight-arm chop with fist	[streɪt-ɑ:m tʃɒp wɪð fɪst]

掌击	strike with palm [straɪk wið pɑ:m]
贯拳	sweeping side punch ['swi:pɪŋ saɪd pʌntʃ]
抡拳	swingover punch ['swɪŋəʊvə pʌntʃ]
冲拳	thrust fist [θrʌst fɪst]
穿手	thrust hand [θrʌst hænd]
插掌	thrust palm downward [θrʌst pɑ:m 'daʊnwəd]
缠手	twist grasp [twɪst grɑ:sp]
拧腕	twist wrist [twɪst rɪst]
架拳	upper block with fist ['ʌpə blɒk wið fɪst]
抄拳	suppercut with fist ['ʌpəkʌt wið fɪst]
架肘	upward elbow block ['ʌpwəd 'elbəʊ blɒk]

④ 步型 (Stances)

弓步	bow step [bəʊ step]
歇步	cross-legged resting stance [krɒs-legd 'restɪŋ stæns]
坐盘	cross-legged sitting stance [krɒs-legd 'sɪtɪŋ stæns]
歇步	cross-legged step [krɒs-legd step]
仆步	crouch stance [krʌʊtʃ stæns]
虚步	empty step ['empti step]
高虚步	high empty step [haɪ 'empti step]
马步	horse-riding step [hɔ:s-'raɪdɪŋ step]
并步	place feet together [pleɪs fi:t tə'geðə]
歇步	resting stance ['restɪŋ stæns]
歇步	seated step ['si:tɪd step]

半马步 semi-horse stance ['semi-hə:s stæns]
 横裆步 side bow stance [said bou stæns]
 步型 stance form [stæns fɔ:m]
 丁字步 T-stance [ti:-stæns]
 丁字步 T-step (position) [ti:-step (pə'ziʃən)]

⑤ 步法 (Footwork)

上步 advance [əd'vɑ:ns]
 插步 back cross-step [bæk krɔ:s-step]
 退步 back step [bæk step]
 撤步 backward step ['bækwəd step]
 击步 beat step [bi:t step]
 换步 change feet [tʃeindʒ fi:t]
 弧行步 circular walking step ['sə:kjulə 'wə:kin step]
 交叉步 cross step [krɔ:s step]
 弧行步 curved walking step [kə:vəd 'wə:kin step]
 拖步 dragging step [dræɡɪŋ step]
 盖步 front cross-step [frʌnt krɔs-step]
 盖跳步 front cross-step jump [frʌnt krɔs-step dʒʌmp]
 进步 forward step ['fɔ:wəd step]
 换步 foot-shift [fʊt-ʃɪft]
 纵步 hopping step ['hɒpɪŋ step]
 击步 kick step [kɪk step]
 跳步 jump [dʒʌmp]
 跳步 jumping step ['dʒʌmpɪŋ step]
 跃步 leap [li:p]

跃步 leaping step ['li:piŋ step]
 退步 retreat [ri'tri:t]
 弧行步 S-step [es-step]
 侧移步 side step [said'step]
 垫步 skiping step ['skipiŋ step]
 滑步 sliding step ['slaidiŋ step]
 开步 spread feet apart [spred fi:t ə'pɑ:t]
 震脚 stamp [stæmp]
 震脚 stamp foot [stæmp'fut]
 踏步 stamping step ['stæmpiŋ step]
 退步 step backward [step 'bækwəd]
 侧移步 step sideways [step 'saidweiz]
 侧移步 step to the side [step tu ðə said]
 跨步 stride [straɪd]
 上步 take a step forward [teɪk ə step 'fɔ:wəd]
 扣步 toe-in step [tou-in step]
 摆步 toe-out step [tou-aʊt step]
 行步 walking step ['wɔ:lkiŋ step]

⑥ 腿法 (Leg Techniques)

后撩腿 back arc kick [bæk ɑ:k kik]
 后撩腿 back kick [bæk kik]
 后蹬腿 back kick with heel [bæk kik wið hi:l]
 后扫腿 back (leg) sweep [bæk (leg) swi:p]
 后扫 back sweep [bæk swi:p]
 十字腿 cross kick [krɒs kik]

屈伸性腿法 flexion and extension leg techniques

[ˈflekʃən ænd iks'tenʃən leg tek'ni:ks]

飞脚 flying foot kick [ˈflaɪŋ fʊt kɪk]

十字腿 front cross kick [frʌnt krɒs kɪk]

正踢腿 front kick [frʌnt kɪk]

前扫腿 front (leg) sweep [frʌnt (leg) swi:p]

单拍脚 front slap kick [frʌnt slæp kɪk]

前扫 front sweep [frʌnt swi:p]

蹬腿 heel kick [hi:l kɪk]

里合腿 inside crescent kick [ˈin'saɪd ˈkresnt kɪk]

里合腿 inside kick [ˈin'saɪd kɪk]

里合拍脚 inside slap crescent kick [ˈin'saɪd slæp kresnt kɪk]

踢腿 kick (leg) [kɪk (leg)]

蹬腿 kick with heel [kɪk wið hi:l]

蹬脚 kick with heel leading [kɪk wið hi:l ˈli:diŋ]

直摆性腿法 kick with straight leg [kɪk wið streɪt leg]

摆莲拍脚 lotus kick [ˈləʊtəs kɪk]

斜踢腿 oblique kick [əˈbli:k kɪk]

外摆腿 outside kick [aʊt'saɪd kɪk]

点腿 point kick [pɔɪnt kɪk]

剪腿 scissor legs [ˈsaɪz legz]

侧踢腿 side kick [saɪd kɪk]

侧蹬腿 side kick with heel [saɪd kɪk wið hi:l]

侧铲腿 side kick with the outer-edge of foot
[saɪd kɪk wið ði: ˈaʊtə-edʒ əv fʊt]

铲腿 side outer-edge kick [saɪd 'aʊtə-edʒ kɪk]

踹腿 side sole kick [saɪd soul kɪk]

单飞脚 single slap kick ['sɪŋɡl slæp kɪk]

单飞脚 slap kick [slæp kɪk]

摆莲拍脚 slap lotus kick [slæp 'ləʊtəs kɪk]

弹腿 snap kick [snæp kɪk]

分掌踢腿 spread palms and kick [sprɛd pɑ:mz ænd kɪk]

直摆性腿法 straight leg kick [streɪt leg kɪk]

伏地后扫 support with hands and sweep backward
[sə'pɔ:t wið hændz ænd swi:p 'bækwəd]

扫腿 sweep (leg) [swi:p (leg)]

后扫腿 sweep leg backwards [swi:p leg 'bækwədʒ]

前扫腿 sweep leg forward [swi:p leg 'fɔ:wəd]

扫腿 sweeping kick ['swi:pɪŋ kɪk]

里合腿 swing leg inward [swɪŋ leg 'ɪnwəd]

外摆腿 swing leg outward [swɪŋ leg 'aʊtwəd]

缠腿 twist leg [twɪst leg]

缠丝腿 winding silk kick ['waɪndɪŋ silk kɪk]

缠丝腿 wrap kick [ræp kɪk]

⑦ 平衡 (Balances)

扣腿平衡 back cross-legged balance
[bæk krɒs-legd 'bæləns]

仰身平衡 bending backward balance
['bendɪŋ 'bækwəd 'bæləns]

侧身平衡 bending sideways balance

[ˈbendɪŋ ˈsaɪdweɪz ˈbæləns]

持久性平衡 extended balance [ɪksˈtendɪd ˈbæləns]

盘腿平衡 (forward) cross-legged balance

[(ˈfɔ:wəd) krɒs-legd ˈbæləns]

提膝平衡 knee-lift balance [ni:-lɪft ˈbæləns]

朝天蹬 kick sky with sole [kɪk skai wið soul]

朝天蹬 kick up with heel [kɪk ʌp wið hi:l]

控腿平衡 leg-raise balance [leg-reɪz ˈbæləns]

望月平衡 look-at-moon balance [lʊk-ət-mu:n ˈbæləns]

探海平衡 search-sea balance [sə:tʃ-si: ˈbæləns]

非持久性平衡 short interval balance [ʃɔ:t ˈɪntəvəl

ˈbæləns]

燕式平衡 swallow balance [ˈswələu ˈbæləns]

⑧ 跳跃动作 (Jumping Movements)

旋子 butterfly [ˈbʌtəflaɪ]

腾空连环飞脚 consecutive jumping front kick

[kənˈsekjʊtɪv ˈdʒʌmpɪŋ frʌnt kɪk]

腾空仰身前踹 double jumping front kick

[ˈdʌbl ˈdʒʌmpɪŋ frʌnt kɪk]

双飞脚 flying double kick [ˈflaɪɪŋ ˈdʌbl kɪk]

腾空仰身前踹 flying double front kick [ˈflaɪɪŋ ˈdʌbl
frʌnt kɪk]

腾空双侧踹 flying double kick to the side

[ˈflaɪɪŋ ˈdʌbl kɪk tu: ðə saɪd]

腾空摆莲 flying lotus kick [ˈflaɪɪŋ ˈləʊtəs kɪk]

腾空剪腿 flying scissor-legs ['flaiɪŋ 'sɪzə-legz]

大跃步前穿 forward giant leap ['fɔ:wəd 'dʒaɪənt fi:p]

大跃步前穿 giant leap ['dʒaɪənt li:p]

腾空蹬腿 jump and kick with heel

[dʒʌmp ænd kik wið hi:l]

腾空转身摆莲 jump and spin lotus kick

[dʒʌmp ænd spin 'ləutəs kik]

腾空侧踹 jump high and kick to side with sole leading

[dʒʌmp hai ænd kik tu said wið soul 'li:diŋ]

腾空跃起滚翻 jump into somersault [dʒʌmp 'intu

'sʌməsəʊlt]

腾空双飞脚 jumping double front kick

['dʒʌmpiŋ 'dʌbl frʌnt kik]

腾空斜飞脚 jumping cross kick

['dʒʌmpiŋ krɒs kik]

腾空飞脚 jumping front kick ['dʒʌmpiŋ frʌnt kik]

腾空蹬腿 jumping heel kick ['dʒʌmpiŋ hi:l kik]

腾空侧踹 jumping side sole kick ['dʒʌmpiŋ said soul

kik]

腾空箭弹 jumping snap kick ['dʒʌmpiŋ snæp kik]

旋风脚 jumping spinning inside kick

['dʒʌmpiŋ 'spiniŋ 'i:saɪd kik]

翻身跳 roll over jump [roul 'əuvə dʒʌmp]

腾空箭弹 snap kick in flight [snæp kik in flait]

旋子转体 spinning butterfly ['spiniŋ 'bʌtəflai]

转身摆莲 spinning lotus kick ['spiniŋ 'ləutəs kik]

旋风脚 tornado kick [tə:'neidou kik]

翻身二起脚 turn body and jump slap kick
[tə:n 'bədi ænd dʒʌmp slæp kik]

腾空转身摆莲 turn body flying lotus kick
[tə:n 'bədi 'flaiɪŋ 'ləutəs kik]

腾空转身飞脚 turn body jumping slap kick
[tə:n 'bədi 'dʒʌmpiŋ slæp kik]

旋风脚 whirlwind kick ['hwɜ:lwind kik]

⑨ 跌扑滚翻 (Tumbling)

侧手翻 aerial cartwheel ['æəriəl 'kɑ:thwi:l]

后滚翻 backward roll ['bækwəd rəʊl]

翻身扑虎 backward roll dive and press
['bækwəd rəʊl daiv ænd pres]

乌龙绞柱 Black-dragon Coil-up

[blæk-dræg kɔil-ʌp]

鲤鱼打挺 Carp Kip-up [kɑ:p kip-ʌp]

盘腿跌 cross-legged drop [krɒs-'legd drɒp]

扑虎 dive and press [daiv ænd pres]

空翻 flip [flip]

前滚翻 forward roll ['fɔ:wəd rəʊl]

栽碑 front straight body drop

[frʌnt streit 'bɔdi drɒp]

手倒立 hand stand [hænd stænd]

头手倒立 head stand [hed stænd]

鲤鱼打挺 Jumping Carp ['dʒʌmpiŋ kɑ:p]

翻身扑虎 jump roll backward dive and press

[dʒʌmp roul 'bækwəd daiv ænd pres]

鲤鱼打挺 Jumping up From Lying Position

['dʒʌmpɪŋ ʌp frəm 'laɪɪŋ pə'ziʃən]

单臂侧手翻 one-arm cartwheel [wʌn-ɑ:m 'kɑ:θwi:l]

抢背 shoulder roll ['ʃouldə roul]

抢背 side-diving roll [said-daɪvɪŋ roul]

盘腿跌 side drop [said 'drɒp]

侧空翻 side flip [said 'flɪp]

侧手翻 side handsprings [said 'hændsprɪŋz]

前滚翻 somersault ['sʌməsə:lt]

栽碑 straight body drop [streɪt'bɒdi drɒp]

栽碑 straight fall [streɪ fɔ:l]

乌龙绞柱 The 'Black Dragon Coils Around a Pillar

[ðə blæk 'dræɡən kɔɪlz ə'raʊnd ə pɪlə]

扑虎 Tiger Pounce ['taɪɡə paʊns]

翻身扑虎 Turn Body and Pounce Like Tiger

[tɜ:n 'bɒdi ænd paʊns laɪk 'taɪɡə]

⑩ 常用动作名称 (Names of Movements in Common Use)

插步侧踹 back cross step and side sole kick

[bæk krɒs step ænd saɪd sɔʊl kɪk]

插步双摆掌 back cross step and swing palms

[bæk krɒs step ænd swɪŋ pɑ:mz]

马步盘肘 bend elbow in horse step

[bend 'elbəʊ ɪn hɔ:s step]

弓步推掌 bow step push palm [bou step puʃ pɑ:m]

弓步顶肘 bow step with elbowing

[bou step wið 'eblouɪŋ]

并步架掌 bring feet together and block with palm

[brɪŋ fɪ:t tə'geðə ænd blɒk wið pɑ:m]

仆步亮掌 crouch step block palm [kraʊtʃ step blɒk

pɑ:m]

仆步穿掌 crouch step thread palm

[kraʊtʃ step θred pɑ:m]

仆步穿掌 crouch stance pierce palm

[kraʊtʃ stæns piəs pɑ:m]

虚步亮掌 empty step block palm

['empti step blɒk pɑ:m]

虚步挑掌 empty step snap palm

['empti step snæp pɑ:m]

高虚步亮掌 flash palm in high empty step

[flæʃ pɑ:m in haɪ 'empti step]

歇步亮掌 flash palm in seated step

[flæʃ pɑ:m in 'si:tɪd step]

勾手亮掌 hook hand and block with palm

[hʊk hænd ænd blɒk wið pɑ:m]

马步冲拳 horse step punch fist [hɔ:s step pʌntʃ fɪʃt]

马步推掌 horse step push palm [hɔ:s step puʃ pɑ:m]

蹬腿冲拳 punch fist and kick with heel

[pʌntʃ fɪʃt ænd kɪk wið hi:l]

丁步下冲拳 punch fist downward in T-step

[pʌntʃ fɪst 'daunwəd in ti:-step]

提膝穿掌 raise knee and thread palm

[reiz ni: ænd θred pɑ:m]

弓步分掌 separate palms in bow step

['sepərit pɑ:mz in bou step]

马步砸拳 smash fist in horse-riding step

[smæʃ fɪst in hə:s-'raɪdɪŋ step]

弹腿冲拳 snap kick and punch fist

[snæp kɪk ænd pʌntʃ fɪst]

震步上冲拳 stamp step and punch upward

[stæmp step ænd pʌntʃ 'ʌpwəd]

上步冲拳 step forward and punch fist

[step 'fə:wəd ænd pʌntʃ fɪst]

上步撩掌 step forward, arc palm [step 'fə:wəd, ɑ:k
pɑ:m]

上步砍掌 step forward chop palm [step 'fə:wəd tʃɒp-
pɑ:m]

仆步抡拍 swing arms crouch down and slap floor

[swɪŋ ɑ:mz krautʃ daun ænd slæp flɔ:]

歇步下冲拳 thrust fist downward in seated step

[θrʌst fɪst 'daunwəd in 'si:tɪd step]

高虚步挑掌 tile palm in high empty step

[tɪlt pɑ:m in haɪ 'empti step]

转身抡臂踢腿 turn body, swing arms and kick

[tɔ:n 'bɒdi swɪŋ ɑ:mz ænd kɪk]

2. 形意拳 (Form and Will Boxing)

炮拳 cannon fist ['kæənən-fist]

劈拳 chop palm [tʃəp pɑ:m]

骀形 Crane Exercise [krein 'eksəsaiz]

鼉形 Crocodile Exercise ['krəkədail 'eksəsaiz]

龙形 Dragon Exercise ['dræɡən 'eksəsaiz]

龙形起落式 Dragon Rises and Fall Form

['dræɡən raiziz ænd fə:l fə:m]

钻拳 drill fist [dril fist]

金鸡报晓 Golden Cock Crows at Dawn

['gouldən kək krouz ət də:n]

金鸡上架 Golden Cock Mounts Perch

['gouldən kək maunts pə:tʃ]

金鸡食米 Golden Cock Pecks at Rice

['gouldən kək peks ət rais]

金鸡抖翎 Golden Cock Ruffles Feathers

['gouldən kək rʌflz 'feðəz]

马形 Horse Exercise [hə:s 'eksəsaiz]

崩拳 inch punch fist [intʃ pʌntʃ fist]

猿猴爬竿 Monkey Climbs Pole ['mʌŋki klaimz poul]

猿猴叨绳 Monkey Climbs Rope ['mʌŋki klaimz roup]

猴形 Monkey Exercise ['mʌŋki 'eksəsaiz]

猿猴挂印 Monkey Hangs Seal ['mʌŋki hæŋz si:l]

鸡形 Rooster Exercise ['ru:stə 'eksəsaiz]

蛇形 Snake Exercise [sneik 'eksəsaiz]

鷓形 Sparrow Hawk Exercise

[ˈspærou hə:k ˈeksəsaiz]

鷓子入林 Sparrow Hawk Flies into Woods

[ˈspærou hə:k flaiz ˈintu wudz]

鷓子翻身 Sparrow Hawk Flips over

[ˈspærou hə:k flips ˈouvə]

鷓子束身 Sparrow Hawk Ready to Fly

[ˈspærou hə:k ˈredi tu flai]

鷓子钻天 Sparrow Hawk Soars into Sky

[ˈspærou hə:k sə:z ˈintu skai]

燕形 Swallow Exercise [ˈswəlou ˈeksəsaiz]

横拳 sweeping fist [ˈswi:pin fist]

三体式 three-in-one form [θri:-in-wan fə:m]

虎形 Tiger Exercise [ˈtaigə ˈeksəsaiz]

3. 八卦掌 (Eight Diagrams Palm)

青龙出水 Black Dragon Comes Out of Water

[blæk ˈdrægen kʌmz aut əv ˈwɔ:tə]

青龙探爪 Black Dragon Reaches Out Its Claw

[blæk ˈdrægen ri:tʃiz aut its klɔ:]

青龙飞升 Black Dragon Soars Up

[blæk ˈdrægen sə:z ʌp]

青龙返首 Black Dragon Turns Its Head

[blæk ˈdrægen tə:nz its hed]

黑虎出洞 Black Tiger Comes Out of Lair

[blæk 'taigə kʌmz aut əv læə]

磨身掌 body-mill palm ['bædi-mil pɑ:m]

转身掌 body-turn palm ['bædi-tə:n pɑ:m]

翻身掌 body-turnover palm ['bædi-'tə:nouvə pɑ:m]

燕子抄水 Diving Swallow ['daivɪŋ 'wsəlou]

双换掌 double changing palm ['dʌbl 'tʃeɪndɪŋ pɑ:m]

苍龙缩尾 Dragon Pulls in Its Tail

['dræɡən pulz in its teɪl]

迎风挥袖 Fling Sleeves Against Wind

[flɪŋ sli:vz ə'geɪnst wɪnd]

双抱掌 hold ball with both palms

[hould bæ:l wið bouθ pɑ:mz]

狮子抱球 Lion Holds Ball ['laɪən houldz bæ:l]

狮子滚球 Lion Rolls Ball ['laɪən roulz bæ:l]

磨身踢脚 mill around and kick [mil ə'raʊnd ænd kik]

猿猴蹬枝 Monkey Climbs Branch ['mʌŋki klaimz

brɑ:ntʃ]

猿猴揪枝 Monkey Pulls Down Branches

['mʌŋki pulz daʊn brɑ:ntʃɪz]

凤凰展翅 Phoenix Spreads Its Wings

['fi:niks spredz its wɪŋz]

大蟒翻身 Python Turns Over ['paɪθən tə:nz 'ouvə]

探掌 reach out palm [ri:tʃ aut pɑ:m]

片旋掌 rotate palm [rou'teit pɑ:m]

走马回头 Running Horse Turns Its Head

['rʌnɪŋ hə:s tə:nz its hed]

单换掌 single change palm ['sɪŋɡl tʃeɪndʒ pɑ:m]
 背身吐信 Snake Turns Back and Spits Out Its Tongue
 [sneɪk tə:nz bæʔk ænd spɪts aʊt ɪts tʌŋ]
 燕子入林 Swallow Flies Into Woods
 ['swɒləʊ flaɪz 'ɪntu wʊdz]
 背身掌 turn-back palm [tə:n-bæk pɑ:m]
 猛虎扑食 Tiger Springs on Prey ['taɪɡə sprɪŋz ɒn preɪ]
 倒拽风车 Turn Windmill Back [tə:n 'wɪndmɪl bæʔk]
 迎门挥扇 Wave Fan in Front of Gate
 [weɪv fæn ɪn frʌnt ɒv geɪt]
 白蛇伏草 White Snake Hides in Grass
 [hwaɪt sneɪk haɪdz ɪn grɑ:s]
 顺势掌 yielding palm ['ʃi:lɪŋ pɑ:m]

4. 南拳 (Southern Style Boxing/Nan Quan)

① 桥法 (Bridge Techniques)

攻桥 attack bridge [ə'tæk brɪdʒ]
 架桥 blocking bridge ['blɒkɪŋ brɪdʒ]
 蝶手 butterfly hand ['bʌtəflaɪ hænd]
 劈桥 chop bridge [tʃɒp brɪdʒ]
 圈桥 circle bridge ['sə:kl brɪdʒ]
 鹤嘴手 Crane's-Beak Hand [kreɪnz-bi:k hænd]
 切桥 cut bridge [kʌt brɪdʒ]
 双切桥 cut (chop) with both palms
 [kʌt (tʃɒp) wɪð bu:θ pɑ:mz]

截桥	intercept bridge	[ɪntə(:)'sept brɪdʒ]
压桥	press bridge	[pres brɪdʒ]
滚桥	roll bridge	[roul brɪdʒ]
滚桥	roll forearm	[roul 'fə:ɹɑ:m]
沉桥	sink bridge	[sɪŋk brɪdʒ]
沉桥	sink elbow	[sɪŋk 'elbou]
穿桥	thread bridge	[θred brɪdʒ]
标掌	thrust palm	[θrʌst palm]
缠桥	twist bridge	[twɪst brɪdʒ]
抽桥	withdraw bridge	[wɪð'drə: brɪdʒ]

② 步型 (Stances)

双弓步	double bow stance	['dʌbl bou stæns]
双蝶步	double butterfly stance	['dʌbl 'bʌtəflaɪ stæns]
双蝶步	double fold stance	['dʌbl fould stæns]
骑龙步	dragon-riding stance	['drægən-raɪdɪŋ stæns]
骑龙步	dragon-riding step	['drægən-raɪdɪŋ step]
四六步	four to six stance	[fə: tu sɪks stæns]
拐步	half-kneeling step	[hə:f-'ni:lɪŋ step]
一字马步	horizontal horse-riding stance	[həri'zɒntl hə:s-'raɪdɪŋ stæns]
跪步	kneeling stance	['ni:lɪŋ stæns]
跪步	kneeling step	['ni:lɪŋ step]
护裆步	protecting crotch step	[prə'tektɪŋ krɒtʃ step]
单蝶步	single butterfly stance	['sɪŋgl 'bʌtəflaɪ stæns]

单蝶步 single fold stance ['sɪŋɡl fould stæns]
 独立步 single leg stance ['sɪŋɡl leg stæns]
 跪步^ㄅ squatting stance ['skwətɪŋ stæns]
 丁字弓步 T-bow-step [ti:-bou-step]
 三七步 three to seven stance [θri tu 'sevn stæns]
 拐步 turning step ['tə:nɪŋ step]

太极拳 (“Taiji” Boxing/Taiji Quan)

逆缠 adverse twining ['ædvə:s 'twainɪŋ]
 如封似闭 apparent close-up [ə'pærənt klouz-ʌp]
 夺二肱 attack twice with forearm
 [ə'tæk twais wið 'fə:rɑ:m]

后招 backward trick ['bækwəd trik]
 兽头势 beast head pose [bi:st head pouz]
 左撩脚 beat left foot [bi:t left fut]
 右撩脚 beat right foot [bi:t rait fut]
 接膝拗步 brush knee and twist step
 [brʌʃ ni: ænd twist step]

金刚捣碓 Buddha's Warrior Attendant Pounds Mortar
 ['budəz 'wəriə ə'tendənt paundz 'mə:tə]

窝里炮 Cannon Out of the Bosom
 ɹ ['kænən aut əv ðə 'buzəm]

连珠炮 Cannons in Series ['kænəns in 'siəri:z]
 三换掌 change palms three times
 [tʃeɪndʒ pɑ:mz θri: taimz]

蓄劲 collecting power [kə'lektiŋ 'pauə]

掩手肱捶 cover hands and strike with arm

[ˈkʌvə hændz ænd ˈstraɪk wɪð ɑ:m]

抱头推山 cover head and push mountain

[ˈkʌvə hed ænd puʃ ˈmaʊntɪn]

斜飞脚 cross flying-foot kick [krɒs ˈflaɪɪŋ-fʊt kɪk]

十字手 cross hands [krɒs hændz]

斜飞(拍)脚 cross-slap kick [krɒs-sləp kɪk]

弯弓射虎 Curved Bow Shoots Tiger

[ˈkə:vɪd bu: ʃu:ts ˈtaɪgə]

闪通背 deflect through back [dɪˈflekt θru: bæk]

闪通臂 deflect with arm [dɪˈflek wɪð ɑ:m]

雀地龙 Dragon Dives to the Ground

[ˈdræɡən daɪvz tu ðə graʊnd]

弹抖力 elastic-shaking force [ɪˈlæstɪk ˈfeɪkɪŋ fɔ:s]

穿心肘 elbow to the heart [ˈelbu tu ðə ˈhɑ:t]

玉女穿梭 fair lady works at the shuttle

[feə ˈleɪdi wɜ:ks æt ðə ˈʃʌtl]

扇通背 fan the back [fæn ðə bæk]

初收 first closing [fɜ:st ˈkləʊzɪŋ]

底身捶 fist of defence [fɪst əv dɪˈfens]

肘底看捶 fist under elbow [fɪst ˈʌndə ˈelbu]

闪通臂 flash the arm [flæʃ ði: ɑ:m]

闪通背 flash through back [flæʃ θru: bæk]

斜飞式 flying oblique [ˈflaɪɪŋ əˈbli:k]

折迭劲 folding force [ˈfəʊldɪŋ fɔ:s]

前招 forward trick [ˈfə:wəd trɪk]

揽雀尾 Grasp the Peacock's Tail

[gra:sp ðə 'pi:kəks teɪl]

金鸡独立 Golden Cock Stands on One Leg

['gouldən kək stændz ɒn wʌn leg]

手挥琵琶 Hand Strums the Lute [hænd strʌmz ðə 'ju:t]

抱球 holding a ball ['houldɪŋ ə bɔ:l]

玉女穿梭 Jade Girl Works at Shuttles

[dʒeid gə:l wə:ks æt 'ʃʌtlz]

飞步拗鸾肘 Jump a Step and Twist Elbow

[dʒʌmp ə step ænd twist 'elbou]

蹬一根 kick with heel [kɪk wɪð hi:l]

左(右)蹬脚 kick with left (right) leg

[kɪk wɪð left (raɪt) leg]

右蹬一根 kick with right heel [kɪk wɪð raɪt hi:l]

懒扎衣 Lazily Belting Clothes ['leɪzɪli 'beltɪŋ 'kləʊðɪz]

懒扎衣 Lazy About Tying Robe ['leɪzi ə'baut 'taɪɪŋ
roub]

背折靠 lean and break with back [li:n ænd breɪk wɪð
bæk]

左搂膝拗步 left brush knee and twist step

[left brʌʃ ni: ænd twist step]

连环炮 Linked Cannons [lɪŋkt 'kænənz]

海底针 Needle at the Bottom of the Sea

['ni:dl æt ðə 'bɒtəm ɒv ðə si:]

斜搂膝拗步 oblique brush knee and twist step

[ə'bli:k brʌʃ ni: ænd twist step]

斩手 palm slice [pɑ:m slais]

野马分鬃 Parting the Wild Horse's Mane

[ˈpɑ:tiŋ ðə waɪld ˈhɔ:sɪz meɪn]

高探马 Pat High on the Horse [pæt haɪ ɒn ðə hɔ:s]

风扫梅花 Plum Blossoms Scattered By the Wind

[plʌm ˈblɒsəmz ˈskætəd baɪ ðə wɪnd]

击地捶 pound ground with fist [paund graʊnd wɪð
fɪst]

肘底捶 punch under elbow [pʌntʃ ˈʌndə ˈelbəʊ]

双推手 push both hands [puʃ bəʊθ hændz]

下势 push down [puʃ daʊn]

独立下势 push down and stand on one leg

[puʃ daʊn ænd stænd ɒn wʌn leg]

提手上势 raise hands and step up

[reɪz hændz ænd step ʌp]

井揽直入 Reach Straight into Well

[ri:tʃ streɪt ˈɪntu wel]

倒插 reverse thrust [rɪˈvɜ:s θrʌst]

逆缠 reverse twining [rɪˈvɜ:s ˈtwainɪŋ]

倒骑麟 Riding Kylin Backward

[ˈraɪdɪŋ ˈkailɪn ˈbækwəd]

左右金鸡独立 Right and Left Golden Cock

Stands on one leg [raɪt ænd left ˈɡouldən kɒk
stændz ɒn wʌn leg]

右接膝拗步 right brush knee and twist step [raɪt brʌʃ
ni: ænd twist step]

- 抹眉红 rub eyebrows red [rʌb aɪbraʊz red]
 再收 second closing ['sekənd 'klouziŋ]
 分脚 separate legs ['sepərit legz]
 摆脚跌叉 shake foot and stretch down
 [ʃeɪk fu:t ænd stretʃ daʊn]
 煞腰压肘拳 sink waist and press elbow down
 [sɪŋk weɪst ænd pres 'elbou daʊn]
 六封四闭 six sealings and four closings
 [sɪks 'si:lɪŋz ænd fə: 'klouziŋz]
 小擒打 small catching and hitting [ʃmɔ:l 'kætʃɪŋ ænd
 'hɪtɪŋ]
 顺鸾肘 smooth elbowing [smu:ð 'elbouɪŋ]
 顺缠 smooth twining [smu:ð 'twainɪŋ]
 劈架子 splitting pose ['splɪtɪŋ pouz]
 双震脚 stamp both feet [stæmp bouθ fi:t]
 退步打虎 step backward and beat the tiger
 [step 'bækwəd ænd bi:t ðə 'taɪgə]
 退步跨虎 step backward and mount the tiger
 [step 'bækwəd ænd maʊnt ðə 'taɪgə]
 倒卷肱 step back and whirl arms on both sides
 [step bæk ænd hwɜ:l ɑ:mz ɒn bouθ saɪdz]
 进步搬拦捶 step up parry and punch
 [step ʌp 'pəri ænd pʌntʃ]
 退步压肘 step back and press elbow
 [step bæk ænd pres 'elbow]
 上步七星 Step Forward with Seven Stars

- [step 'fə:wəd wið 'sevn stɑ:z]
 退步跨虎 Step Backward and Straddle the Tiger
 [step 'bækwəd ænd 'strædl ðə 'taigə]
 上步七星 Step up to Form Seven Stars
 [step ʌp tu: fə:m 'sevn stɑ:z]
 当头炮 Strike Face Like Cannon
 [straik feis laik 'kænən]
 搬拦肘 strike hinder and elbow
 [straik 'hində ænd 'elbou]
 指裆捶 strike groin with fist [straik grəin wið fist]
 双峰贯耳 strike opponent's ears with both fists
 [straik ə'pouənts iəz wið bu:θ fists]
 伏虎 Tame the Tiger [teim ðə 'taigə]
 回头当门炮 Turn and Strike Face Like Cannon
 [tə:n ænd straik feis laik 'kænən]
 转身十字腿 turn body and cross kick
 [tə:n 'bədi ænd krəs kik]
 转身大捋 turn body and deflect (opponent's) arm
 [tə:n 'bədi ænd di'flekt (ə'pounənts) ɑ:m]
 转身双摆莲 turn body with lotus kick
 [tə:n 'bədi wið 'ləutəz kik]
 转身撇身捶 turn body and throw fist
 [tə:n 'bədi ænd θrou fist]
 转身六合 turn body with six closings
 [tə:n 'bədi wið siks klouziŋz]
 翻花舞袖 turn flowers out and brandish sleeves

[tə:n 'flauəz aut ænd 'brændɪʃ sli:vz]

海底舞花 turn flowers out from the bottom of the sea

[tə:n 'flauəz aut frəm ðə 'bɒtəm ɒv ðə si:]

拗弯肘 twist elbow [twɪst 'elbəʊ]

缠丝劲 twining power ['twainɪŋ 'paʊə]

金剛搗雄 Vajra Pounds Mortar ['vədʒɑ: paʊndz
'mɔ:tə]

前蹙拗步 wade forward and twist step (on both sides)
[weɪd 'fə:wəd ænd twɪst step (ən bouθ saɪdz)]

斜行拗步 walk obliquely and twist step (on both sides)
[wɔ:k ə'bli:kli ænd twɪst step (ən bouθ saɪdz)]

棚捋挤按 ward off, deflect, shove and press
[wɔ:d ə(:)f dɪ'flekt ʃʌv ænd pres]

运手 wave hands [weɪv hændz]

云手 wave hands like clouds [weɪv hændz laɪk klaʊdz]

十字摆莲 waving lotus cross kick ['weɪvɪŋ 'ləʊtəs
krɒs kɪk]

白猿献果 White Ape Presents Fruit [hwaɪt eɪp 'preznts
fru:t]

白鹤亮翅 White Crane Spreads Its Wings
[hwaɪt kreɪn spredz ɪts wɪŋz]

白蛇吐信 White Snake Spits Out Its Tongue
[hwaɪt sneɪk spɪts aʊt ɪts tʌŋ]

左裹鞭炮 wrapping fire crackers on the left side
['ræpɪŋ 'faɪə 'krækəz ɒn ðə left saɪd]

右裹鞭炮 wrapping fire crackers on the right side

[ˈræpiŋ ˈfaɪə ˈkrækəz ɒn ðə raɪt saɪd]

黄龙三搅水 Yellow Dragon Stirs Water Three Times

[ˈjelou ˈdræɡən stə:z ˈwɔ:tə θri: taimz]

(二) 拳种和套路名称 (Schools and Names of Routines)

罗汉拳 Arhat Boxing [ˈɑ:hət ˈbɒksɪŋ]

八极拳 "Bajiquan" [ˈbɑ:jɪkwən]

徒手套路 barehand routine [ˈbeəhænd ru:ˈti:n]

大架 (太极拳) Big Frame ("Taijiquan") [big freɪm]

青龙拳 Black Dragon Boxing [blæk ˈdræɡən ˈbɒksɪŋ]

僧门拳 Buddhist School Boxing [ˈbudɪst sku:l bɒksɪŋ]

炮捶 Cannon Boxing [ˈkænən ˈbɒksɪŋ]

脱铐拳 Cast-Off-Handcuffs Boxing

[kɑ:st-ɔ:(ˌ)f-ˈhændkʌfs ˈbɒksɪŋ]

长拳 "Changquan" [ˈtʃɑŋkwən]

陈式太极拳 "Chen" Style "Taijiquan" [ˈtʃen ˈstɑɪl ˈtɑɪjɪkwən]

戳脚 "Chuojiao" Boxing [ˈtʃuɔjɪə ˈbɒksɪŋ]

子母拳 Composite Boxing [ˈkɒmpəzɪt ˈbɒksɪŋ]

规定拳 Compulsory Boxing [kəmˈpʌlsəri ˈbɒksɪŋ]

规定套路 compulsory routine [kəmˈpʌsəri ru:ˈti:n]

鹤拳 Crane Style Boxing [kreɪn stɑɪl ˈbɒksɪŋ]

大悲拳 "Dabei" Boxing [ˈdəbeɪ ˈbɒksɪŋ]

大红拳 "Dahongquan" [ˈdɑhɒŋkwən]

刁家教 "Diao"-School Boxing [ˈdiəʊ ˈsku:l ˈbɒksɪŋ]

地躺拳 "Ditangquan" [ˈdɪtɒŋkwən]

- 狗拳 Dog Style Boxing [dæg stail 'böksin]
- 龙形拳 Dragon Style Boxing ['dræɡən stail 'böksin]
- 醉拳 Drunken Boxing ['drʌŋkən 'böksin]
- 鸭形拳 Duck Style Boxing [dʌk stail 'böksin]
- 鹰爪拳 Eagle Claw Boxing ['i:ɡl klə: 'böksin]
- 十八罗汉拳 Eighteen-Arhat Boxing ['ei'ti:ŋ-'ɑ:hət
'böksin]
- 八极拳 Eight Extremes Boxing [eit iks'tri:mz 'böksin]
- 八卦散手 Eight Diagrams Free Fighting
[eit 'daiəgræmz fri: 'faitin]
- 八卦连环掌 Eight Diagrams Linked Palm
[eit 'daiəgræmz liŋkt pɑ:m]
- 八方拳 Eight Directions Boxing [eit di'rekʃənz 'böksin]
- 八门拳 Eight-Gate Boxing [eit-geit 'böksin]
- 八卦掌 Eight Trigrams Palm
[eit 'traigræmz pɑ:m]
- 峨眉功力拳 "Emei" Power Boxing ["emei" 'pauə
'böksin]
- 峨眉派 "Emei" school ["emei" sku:l]
- 峨眉拳 "Emei" School Boxing ["emei" sku:l 'böksin]
- 峨眉六合拳 "Emei" Six Conformities Boxing
["emei" siks kən'fə:mitiz 'böksin]
- 甲组拳 Expert Level Boxing
[ekspə:t 'levl 'böksin]
- 翻子拳 "Fanzi" Boxing ["fanzi" 'böksin]
- 火龙拳 Fire-Dragon Boxing [Faɪə-'dræɡən 'böksin]

- 甲组套路 First Class Routine [fə:st klɑ:s ru:'ti:n]
- 五行拳 Five Elements Boxing ['faiv 'elimənts 'bɒksɪŋ]
- 五行连环拳 Five Elements Linked Boxing
['faiv 'elimənts liŋkt 'bɒksɪŋ]
- 五步拳 Five Stances Boxing ['faiv stænsɪz 'bɒksɪŋ]
- 五星锤 Five-Star Hammer Boxing
['faiv-stɑ: 'hæmə 'bɒksɪŋ]
- 五虎拳 Five-Tiger Boxing [faiv-'taigə 'bɒksɪŋ]
- 地躺拳 Floor-Skill Boxing [flɔ:-skil 'bɒksɪŋ]
- 花拳 Flower Boxing ['flauə 'bɒksɪŋ]
- 佛汉拳 "Fohanquan" ["fohanquan"]
- 练步拳 Footwork Exercise Boxing
['futwə:k 'eksəsaɪz 'bɒksɪŋ]
- 四十八式太极拳 Forty-Eight-Form "Taijiquan"
['fɔ:ti-eit-fə:m "taijiquan"]
- 福建南拳 "Fujian" Southern Style Boxing
["fujian" 'sʌðən stail 'bɒksɪŋ]
- 地躺拳 Ground Boxing [graund 'bɒksɪŋ]
- 广东南拳 "Guangdong" Southern Style Boxing
["guangdong" 'sʌðən stail 'bɒksɪŋ]
- 炮捶 Gun-Hammer Boxing [gʌn-'hæmə 'bɒksɪŋ]
- 硬门拳 Hard School Boxing [hɑ:d sku:l 'bɒksɪŋ]
- 秘踪拳 Hidden Traces Boxing ['hidn treɪsɪz 'bɒksɪŋ]
- 伏虎拳 Hiding Tiger Boxing ['haɪdɪŋ 'taigə 'bɒksɪŋ]
- 华拳 "Hua" Boxing ["hua" 'bɒksɪŋ]
- 混元掌 "Hunyuan" Palm ["hunyuan" pɑ:m]

象形拳 Imitation Boxing [ˌimiˈteɪfən ˈbɒksɪŋ]

问津拳 Inquiring Boxing [ɪnˈkwaiəriŋ ˈbɒksɪŋ]

乙组套路 Intermediate class routine

[ɪntə(:)ˈmi:dʒət klɑ:s ruːti:n]

江西南拳 “Jiangxi” Southern Style Boxing

[ˈʒiɑŋxiˈ ˈsʌðən stɑɪl ˈbɒksɪŋ]

孔门拳 “Kong” Style Boxing [ˈkɒŋ stɑɪl ˈbɒksɪŋ]

大八极 Large Frame Eight Extremes Boxing

[lɑ:dʒ freɪm eɪt iksˈtri:mz ˈbɒksɪŋ]

大红拳 Large Frame Red Boxing

[lɑ:dʒ freɪm red ˈbɒksɪŋ]

长拳 Long Boxing [lɒŋ ˈbɒksɪŋ]

罗汉拳 “Luohan” Boxing [ˈluohan ˈbɒksɪŋ]

地躺拳 Lying Boxing [ˈlaɪŋ ˈbɒksɪŋ]

主要流派 major schools [ˈmeɪdʒə sku:lz]

鸳鸯拳 Mandarin Duck Boxing

[ˈmændəri dʌk ˈbɒksɪŋ]

螳螂拳 Mantis Style Boxing [ˈmæntɪs stɑɪl ˈbɒksɪŋ]

男子乙组拳 Men's Intermediate Class Boxing

[menˈz ɪntə(:)ˈmi:dʒət klɑ:s ˈbɒksɪŋ]

心意拳 Mind and Will Boxing

[maɪnd ænd wɪl ˈbɒksɪŋ]

心意六合拳 Mind and Will Six-Conformities Boxing

[maɪnd ænd wɪl sɪks-kənˈfɔ:mɪtɪz ˈbɒksɪŋ]

猴拳 Monkey Style Boxing [ˈmʌŋki stɑɪl ˈbɒksɪŋ]

自然门 Natural School [ˈnætʃərəl sku:l]

- 内家拳 “Neijia” Boxing [“neijia” ‘bəksɪŋ]
- 新架 (陈式太极拳) New Form (“Chen” Style “Taijiquan”) [nju: fə:m (“chen” stail “taijiquan”)]
- 初级拳术 Novice Class Boxing [‘nəvis klɑ:s ‘bəksɪŋ]
- 老架 (陈式太极拳) Old Form (“Chen” Style “Taijiquan”) [ould fə:m (“chen” stail “taijiquan”)]
- 开拳 Open Boxing [‘oupən ‘bəksɪŋ]
- 开门八极 Open Door Eight Extremes Boxing
[‘oupən də: eit iks’tri:mz ‘bəksɪŋ]
- 自选拳 Optional Boxing [‘əpfənəl ‘bəksɪŋ]
- 自选套路 Optional routine (set) [‘əpfənəl ru:’ti:n
(set)]
- 其它拳术 other boxing styles [‘ʌðə ‘bəksɪŋ stailz]
- 炮锤 (拳) “Paochui” Boxing [“paochui” ‘bəksɪŋ]
- 劈挂拳 “Pigua” Boxing [“pigua” ‘bəksɪŋ]
- 梅花螳螂拳 Plum-Blossom Mantis Boxing
[plʌm-‘bləsəm ‘məntis ‘bəksɪŋ]
- 梅花桩 Plum-Blossom Stake Exercise
[plʌm-‘bləsəm steik ‘eksəsaiz]
- 功力拳 Power Boxing [‘pauə ‘bəksɪŋ]
- 咏春拳 Praise Spring Boxing [preiz sprɪŋ ‘bəksɪŋ]
- 初级套路 “Primary Class Routine [‘praɪməri klɑ:s
ru:’ti:n]
- 拳术 “Quanshu” [“quanshu”]
- 红拳 Red Boxing [red ‘bəksɪŋ]
- 规定拳 Required Boxing [ri’kwaiəd ‘bəksɪŋ]

规定套路 Required Routine (Set)

[ri'kwaiəd ru:'ti:n (set)]

双跨虎拳 Riding-two-Tigers Boxing

['raidiŋ-tu:-'taigəz 'bɒksɪŋ]

游身八卦掌 Round Body Eight Diagrams Palm

[raund 'bɒdi eit 'daɪəgræmz pɑ:m]

陈式一路太极拳 Routine I of the "Chen"-Style

"Taijiquan" [ru:'ti:n wʌn əv ðə "chen"-stail
"taijiquan"]

陈式二路太极拳 Routine II of the "Chen"-Style

"Taijiquan" [ru:'ti:n tu: əv ðə "chen"-stail "tai
jiquan"]

武术流派 school of "Wushu" [sku:l əv "wushu"]

僧门拳 "Seng Men" Boxing ["seng men" 'bɒksɪŋ]

分手拳 Separating-Hands Boxing ['sepəritiŋ-hændz

'bɒksɪŋ]

七星拳 Seven Stars Boxing ['sevn stɑ:z 'bɒksɪŋ]

七星螳螂拳 Seven Stars Mantis Boxing

['sevn stɑ:z 'mæntis 'bɒksɪŋ]

少林拳 "Shaolin" Boxing ["shaolin" 'bɒksɪŋ]

少林十字战拳 "Shaolin" Cross-Fighting Boxing

["shaolin" krɒs-'faiŋ 'bɒksɪŋ]

少林八步连环 "Shaolin" Eight-Step Linked Boxing

["shaolin" eit-step liŋkt 'bɒksɪŋ]

少林五战拳 "Shaolin" Five Battles Boxing

["shaolin" faɪv 'bætlz 'bɒksɪŋ]

- 少林五拳 “Shaolin” Five-Fist Boxing
[“shaolin” faiv-fist ‘bəksɪŋ]
- 少林红拳 “Shaolin Hongquan” [“shaolin hongquan”]
- 少林连环拳 “Shaolin” Linked Boxing
[“shaolin” ‘lɪŋkt ‘bəksɪŋ]
- 少林派 “shaolin” school [“shaolin” sku:l]
- 少林柔拳 “Shaolin” Soft Boxing [“shaolin” səft
‘bəksɪŋ]
- 南派少林拳 “Shaolin” Southern School Boxing
[“shaolin” ‘sʌðəŋ sku:l ‘bəksɪŋ]
- 少林十三抓 “Shaolin” Thirteen-Holds Boxing
[“shaolin” ‘θə:‘ti:n-houldz ‘bəksɪŋ]
- 少林行拳 “Shaolin” Walking Boxing
[“shaolin” ‘wə:kiŋ ‘bəksɪŋ]
- 少林心意把 “Shaolin Xin Yi Ba” (Will Exercises)
[“shaolin xin yi ba” (wil ‘eksəsaiziz)]
- 少林武术 “Shaolin Wushu” [“shaolin wushu”]
- 短拳 Short Boxing [ʃɔ:t ‘bəksɪŋ]
- 四川南拳 “Sichuan” Southern Style boxing
[“sichuan” ‘sʌðəŋ stail ‘bəksɪŋ]
- 简化套路 Simplified Routine [‘simplifaɪd ru:‘ti:n]
- 简化太极拳 Simplified “Taij:quan” [‘simplifaɪd “tai-
ji:quan”]
- 鸣鹤拳 Singing Crane Boxing [‘sɪŋɪŋ kreɪn ‘bəksɪŋ]
- 六合八法 Six Conformities and Eight Techniques
[siks kən‘fɔ:mitiz ænd eit tek‘ni:ks]

六合拳 Six Conformities Boxing [siks kən'fə:mitiz
'böksɪŋ]

六合螳螂拳 Six Conformities Mantis Boxing
[siks kən'fə:mitiz 'mæntɪs 'böksɪŋ]

六家艺 Six-School Skill [siks-sku:l skil]

六步散手 Six-Step Free Hand Boxing
[siks-step fri: hənd 'böksɪŋ]

滑拳 slippery Boxing ['slipəri 'böksɪŋ]

小八极 Small Frame Eight Extremities Boxing
[smə:l freim eit iks'tremɪtiz 'böksɪŋ]

小架 (太极) Small Frame ("Taijiquan")
[smə:l freim ("taijiquan")]

小伏虎拳 Small-Frame Hiding Tiger Boxing
[smə:l-freim 'haɪdɪŋ 'taɪgə 'böksɪŋ]

小红拳 Small-Frame Red Boxing
[smə:l-freim red 'böksɪŋ]

蛇拳 Snake Style Boxing [sneɪk stail 'böksɪŋ]

弹腿 Snap Leg Boxing [snæp leg 'böksɪŋ]

绵拳 Soft Boxing [sɒft 'böksɪŋ]

绵掌 Soft Palm [sɒft pɑ:m]

南拳 Southern Style Boxing ['sʌðən stail 'böksɪŋ]

太空拳 Space Boxing [speɪs 'böksɪŋ]

鹤子拳 Sparrow Hawk Style Boxing
['spærəʊ hə:k stail 'böksɪŋ]

孙膂拳 "Sunbinquan" ["sunbinquan"]

孙式太极拳 "Sun" Style "Taijiquan" ["sun" stail

“taijiquan”]

太极螳螂拳 “Taiji” Mantis Boxing [“taiji” ‘mæntis
‘bɒksɪŋ]

太极拳 “Taijiquan” [“taijiquan”]

太极球 “Taiji” Ball Play [“taiji” bə:l pleɪ]

太乙五行拳 “Taiyi”-Five-Element Boxing
[“taiyi”-faɪv-‘elɪmənt ‘bɒksɪŋ]

太极梅花螳螂拳 “Taiji”-Plum-Blossom Mantis
Boxing [“taiji”-plʌm-‘blɒsəm ‘mæntis ‘bɒksɪŋ]

太极推手 “Taiji” Push Hands [“taiji” puʃ hændz]
四路奔打 The Four Routines of Chase and Strike
boxing [ðə fɔ: ru:‘ti:nz əv tʃeis ænd straɪk ‘bɒksɪŋ]

九路伤拳 The Nine Routines of Wounding Boxing
[ðə naɪn ru:‘ti:nz əv ‘wu:ndɪŋ ‘bɒksɪŋ]

十路弹腿 The Ten Routines of Snap Kick Boxing
[ðə ten ru:‘ti:nz əv snæp kɪk ‘bɒksɪŋ]

小洪拳三十六式 The Thirty-Six Forms of “Xiaohong”
Boxing [ðə ‘θə:ti-sɪks fɔ:mz əv “xiaohong” ‘bɒksɪŋ]

三十六路宋江拳 The Thirty-Six Routines of “Song-
jiang” Boxing [ðə ‘θə:ti-sɪks ru:‘ti:nz əv “song
‘dʒɑŋ” ‘bɒksɪŋ]

十二路弹腿 The Twelve Routines of Snap Kick Boxing
[ðə twelv ru:‘ti:nz əv snæp kɪk ‘bɒksɪŋ]

陈式三十八式太极拳 Thirty-Eight Form “Chen”-
Style “Taijiquan” [‘θə:ti-eɪt fɔ:m “chen”-
stɑɪl “taijiquan”]

三十六闭手 Thirty-Six Close Contact Skills Boxing

• ['θə:ti-siks klouz 'kəntækt skilz 'bəksɪŋ]

三十二式长拳 Thirty-Two Form Long Boxing

['θə:ti-tu: fə:m lɒŋ 'bəksɪŋ]

三皇炮捶 Three-Emperor Cannon Boxing

[θri:-'empərə 'kænən 'bəksɪŋ]

通背拳 Through-the-Back Boxing

[θru:-ðə-bæk 'bəksɪŋ]

虎鹤双形拳 Tiger-Crane Double Style Boxing

['taigə-krein 'dʌbl stail 'bəksɪŋ]

虎拳 Tiger Style Boxing ['taigə stail 'bəksɪŋ]

通背拳 “Tongbei Quan” [“tongbei quan”]

传统拳术 Traditional Chinese Boxing [trə'diʃənəl

'tʃəini:z 'bəksɪŋ]

传统套路 Traditional Routine [trə'diʃənəl ru:'ti:n]

形意十二形 Twelve-Animals Style Boxing

['twelv-'æniməlz stail 'bəksɪŋ]

二十四式简化太极拳 Twenty-Four-Form Simplified

“Taijiquan” ['twenti-fə:-fə:m 'simplifaɪd

“taijiquan”]

二十四式通背拳 Twenty-Four-Form “Tongbeiquan”

• ['twenti-fə:-fə:m “tongbeiquan”]

金刚拳 Vajra Boxing ['vədʒə: 'bəksɪŋ]

外家拳 “Waijia” Boxing [“waijia” 'bəksɪŋ]

行拳 Walking Boxing ['wɔ:lkiŋ 'bɜ:kɪŋ]

白眉拳 White Eyebrow Boxing [hwait 'aibrau 'bəksɪŋ]

意拳 Will Boxing [wil 'bəksɪŋ]

女子乙组拳 Women's Intermediate Class boxing
[ˈwɪmɪnz ɪntə(:)mi:dʒət klɑ:s 'bəksɪŋ]

巫家拳 "Wu" Style Boxing ["wu" stail 'bəksɪŋ]

吴式太极拳 "Wu" Style "Taijiquan"
["wu" stail "taijiquan"]

武式太极拳 "Wu" Style "Taijiquan"
["wu" stail "taijiquan"]

武当拳 "Wudang" Boxing ["wudang" 'bəksɪŋ]

武当派 "Wudang" School ["wudang" sku:l]

无极拳 "Wuji" Boxing ["wuji" 'bəksɪŋ]

武术套路 "Wushu" routine ["wushu" ru:'ti:n]

拳种套路 ("wushu") school routine [(("wushu") sku:l
ru:'ti:n]

侠家拳 "Xia" Style Boxing ["xia" stail 'bəksɪŋ]

象形拳 "Xiangxing" Boxing ["xiangxing" 'bəksɪŋ]

小红拳 "Xiaohongquan" ["xiaohongquan"]

形意拳 "Xingyi" Boxing ["singyi" 'bəksɪŋ]

心意拳 "Xinyi" Boxing ["xinyi" 'bəksɪŋ]

心意六合拳 "Xinyi Liuhe" Boxing ["xinyi liuhe"
'bəksɪŋ]

燕青拳 "Yan Qing" Boxing ["yanqing" 'bəksɪŋ]

杨式太极拳 "Yang" Style "Taijiquan"
["yang" stail "taijiquan"]

两仪拳 "Yin Yang" Boxing ["yin yang" 'bəksɪŋ]

义子拳 "Yizi" Boxing ["yizi" 'bəksɪŋ]

青年长拳 Youth Long Boxing [ju:θ ləŋ 'bɒksɪŋ]

岳家拳 "Yue" Style Boxing ["yue" stail 'bɒksɪŋ]

岳代连拳 "Yue" Style Linked Boxing

["yue" stail linkt 'bɒksɪŋ]

鱼门拳 "Yu" School Boxing ["yu" sku:l 'bɒksɪŋ]

余门拳 "Yumenquan" ["yumenquan"]

查拳 "Zha" Style Boxing ["zha" stail 'bɒksɪŋ]

四路查拳 "Zhaquan" Routine Number Four

["zhaquan" ru:'ti:n 'nʌmbə fɔ:]

赵堡架 (陈式太极拳) "Zhaobao"-Style ("Chen"

style "Taijiquan") ["zhaolao"-stail ("chen" stail

"taijiquan")]

子母拳 "Zimuquan" ["zimuquan"]

三、器械类 (Wushu Weapons)

(一) 器械部位名称 (Names of Parts of Weapons)

刀背 back of broadsword [bæk əv 'brɔ:dsɔ:d]

刃 blade [bleɪd]

刀彩 broadsword banner ['brɔ:dsɔ:d 'bænə]

刀身 broadsword blade ['brɔ:dsɔ:d bleɪd]

刀彩 broadsword silk ['brɔ:dsɔ:d silk]

刀彩 broadsword tassel ['brɔ:dsɔ:d 'tæsəl]

棍把 butt of cudgel [bʌt əv 'kʌdʒəl]

枪把 butt of spear [bʌt əv spiə]

镖头	dart-head [dɑ:t-hed]
刀刃	edge of blade [edʒ əv bleid]
剑刃	edge of sword [edʒ əv sɔ:d]
棍把	'end of cudgel [end əv 'kʌdʒəl]
枪把	end of spear [end əv spiə]
刀盘 (护手)	guard of broadsword [gɑ:d əv 'brɔ:dsɔ:d]
护手盘	hand guard [hænd gɑ:d]
剑柄	handle of sword ['hændl əv sɔ:d]
鞭把	handle of whip ['hændl əv hwip]
鞭头	head of whip [hed əv hwip]
柄 (刀、剑的)	hilt [hilt]
枪尖	point of spear [pɔɪnt əv spiə]
环, 铁环	ring [rɪŋ]
鞘	scabbard ['skæbəd]
枪杆	shaft of spear [ʃɑ:ft əv spiə]
刀鞘	sheath [ʃi:θ]
入鞘 (刀, 剑等)	sheathe [ʃi:ð]
枪头	spear head [spiə hed]
剑脊	spine of sword [spain əv sɔ:d]
剑身	sword-blade [sɔ:d-bleid]
剑穗	sword-tassel [sɔ:d 'tæsəl]
穗, 缨	tassel ['tæsəl]
枪缨	tassel of spear ['tæsəl əv spiə]
棍梢	tip of cudgel [tip əv 'kʌdʒəl]
刀尖	tip of broadsword [tip əv 'brɔ:dsɔ:d]

枪尖 tip of spear [tip əv spiə]
剑尖 tip of sword [tip əv sɔ:d]
出鞘 (刀、剑等) unsheathe [ʼʌnʼʃi:ð]

(二) 器械方法 (Weapon Techniques)

1. 刀法 (Broadsword Techniques)

背刀 backing broadsword [ʼbækiŋ ʼbrɔ:dsɔ:d]
绞刀 broadsword envelopment [ʼbrɔ:dsɔ:d
inʼveləpmənt]

撩腕花 broadsword reverse figure-8
[ʼbrɔ:dsɔ:d riʼvə:s ʼfigə-eit]

抱刀 broadsword reverse grip
[ʼbrɔ:dsɔ:d riʼvə:s grip]

挑刀 broadsword straight-arm raise
[ʼbrɔ:dsɔ:d streit-ɑ:m reiz]

缠头刀 (broadsword) twining head
[[ʼbrɔ:dsɔ:d) ʼtwainiŋ hed]

裹脑刀 (broadsword) wrapping head
[[ʼbrɔ:dsɔ:d) ʼræpiŋ hed]

缠头裹脑 “chan-tou-guo-nao” [“chan-tou-guo-nao”]

劈刀 chop with broadsword [tʃɒp wið ʼbrɔ:dsɔ:d]

云刀 cloud broadsword [klaud ʼbrɔ:dsɔ:d]

截刀 crosscut with broadsword
[ʼkrɔ(:)skʌt wið ʼbrɔ:dsɔ:d]

拖刀 drag broadsword [dræg ʼbrɔ:dsɔ:d]

- 砍刀 hack with broadsword [hæk wið 'brə:dsə:d]
 藏刀 hide broadsword [haɪd 'brə:dsə:d]
 捧刀 hold broadsword [hould 'brə:dsə:d]
 斩刀 horizontal cut with broadsword
 [həri'zəntl kʌt wið 'brə:dsə:d]
 截刀 intercept with broadsword
 [ɪntə(:)'sept wið 'brə:dsə:d]
 架刀 over-head block with broadsword
 ['ouvə-hed 'blɒk wið 'brə:dsə:d]
 格刀 parry with broadsword ['pæri wið 'brə:dsə:d]
 点刀 point broadsword [pɔɪnt 'brə:dsə:d]
 按刀 press broadsword [pres 'brə:dsəkɪd]
 推刀 push broadsword [puʃ 'brə:dsə:d]
 分刀 separate with broadsword ['sepəreɪt wið 'brə:dsəd]
 抹刀 slice with broadsword [slais wið 'brə:dsə:d]
 扫刀 sweep with broadsword [swi:p wið 'brə:dsə:d]
 扎刀 thrust broadsword [θrʌst 'brə:dsə:d]
 崩刀 tilt broadsword [tɪlt 'brə:dsə:d]
 绞刀 twist broadsword [twɪst 'brə:dsə:d]
 撩刀 upper-cut with broadsword
 ['ʌpə-kʌt wið 'brə:dsə:d]
 挂刀 upward parry with broadsword
 ['ʌpwəd 'pæri wið 'brə:dsə:d]
 抡挂刀 windmill and parry with broadsword
 ['wɪndmɪl ænd 'pæri wið 'brə:dsə:d]
 带刀 withdraw broadsword ['wiðdrə: 'brə:dsə:d]

裹脑刀 wrap-head broadsword [ræp-hed 'brə:dsə:d]

2. 剑法 (Sword Techniques)

云剑 cloud sword [klaud sə:d]

截剑 cross-cut with sword [krɒs-kʌt wið sə:d]

下挂剑 downward parry with sword ['daunwəd
'pəri wið sə:d]

绞剑 envelopment with sword [in'veləpmənt wið
sə:d]

劈剑 hack with sword [hæk wið sə:d]

抱剑 hold sword [həʊld sə:d]

斩剑 horizontal cut with sword
[həri'zəntl kʌt wið sə:d]

截剑 intercept with sword [intə(:)'sept wið sə:d]

斜刺剑 oblique stab with sword
[əb'li:k stæb wið sə:d]

架剑 overhead block with sword ['əʊvəhed blɒk wið
sə:d]

穿剑 pierce with sword [piəs wið sə:d]

点剑 point with sword [pɔɪnt wið sə:d]

提剑 raise sword [reiz sə:d]

挑剑 raise sword with straight arm
[reiz sə:d wið steit ɑ:m]

平抹剑 slice horizontally with sword
[slais ,həri'zəntli wið sə:d]

抹剑 slice with sword [slais wið sə:d]

云剑 spin with sword [spin wið sɑ:d]
 扫剑 sweep with sword [swi:p wið sɑ:d]
 剪腕花 sword figure-8 [sɑ:d 'figə-eit]
 刺剑 thrust sword [θrʌst sɑ:d]
 崩剑 tilt sword [tilt sɑ:d]
 撩剑 upper cut with sword ['ʌpə kʌt wið sɑ:d]
 上挂剑 upward parry with sword ['ʌpwəd 'pəri
 wið sɑ:d]
 带剑 withdraw sword [wið'drə: sɑ:d]

3. 枪法 (Spear Techniques)

圈枪 circle spear ['sə:kl spiə]
 劈枪 downward slice with spear
 ['daunwəd slais wið spiə]
 拖枪 drag spear [dræg spiə]
 绞枪 envelopment with spear [ɪn'veləpmənt wið spiə]
 持枪, 抱枪 hold spear [hould spiə]
 拦, 拿, 扎 "lan-na-zha" ["lan-na-zha"]
 扑枪 low-stance press spear [lou-stæns pres spiə]
 托枪 overhead block with spear ['ouvə hed blək wið
 spiə]
 拿枪 parry inward with spear ['pəri 'inwəd wið spiə]
 拦枪 parry outward with spear ['pəri 'autwəd wið
 spiə]
 拨枪 parry with spear ['pəri wið spiə]
 穿枪 pierce with spear [piəs wið spiə]

- 点枪 point spear [pɔɪnt 'spiə]
 拉枪 pull back spear [pul bæk spiə]
 挑枪 raise spear with straight arm [reiz spiə wið streit
 a:m]
 背枪 shoulder spear ['ʃouldə spiə]
 缠枪 spear coil [spiə kɔɪl]
 舞花枪 spear figure-8 [spiə 'figə-eɪt]
 崩枪 spear flick [spiə flik]
 扫枪 spear sweep [spiə swi:p]
 粘枪 sticky-spear ['stiki-spiə]
 摔枪 swing spear downward and slam on ground
 [swɪŋ spiə 'daunwəd ænd slæm ɒn graʊnd]
 扎枪 thrust spear [θrʌst spiə]
 下扎枪 thrust spear downward [θrʌst spiə 'daunwəd]
 中平扎枪 thrust spear horizontally forward at chest
 level [θrʌst spiə ,həri'zɒntli 'fɔ:wəd æt tʃest 'levl]
 上扎枪 thrust spear upward [θrʌst spiə 'ʌpwəd]
 崩枪 tilt spear [tɪlt spiə]
 抛枪 toss spear [tɒs spiə]
 带枪 withdraw spear [wið'drə: spiə]

4. 棍法 (Cudgel Techniques)

- 换把 change grip [tʃeɪndʒ gri:p]
 平抡棍 circle horizontally with cudgel
 ['sə:kl ,həri'zɒntli wið 'kʌdʒəl]
 抡棍 circle with cudgel ['sə:kl wið 'kʌdʒəl]

- 云棍 cloud cudgel [klaud' 'kʌdʒəl]
 云把 cloud end [klaud end]
 盖棍 cover with cudgel ['kʌvə wið 'kʌdʒəl]
 背棍 cudgel backing ['kʌdʒəl 'bækiŋ]
 架棍 cudgel block ['kʌdʒəl blɒk]
 绞棍 cudgel envelopment ['kʌdʒəl in'veləpmənt]
 格棍 cudgel parry ['kʌdʒəl 'pæri]
 穿梭棍 cudgel shuttle ['kʌdʒəl 'ʃʌtl]
 扫棍 cudgel sweep ['kʌdʒəl swi:p]
 拄地棍 cudgel vault ['kʌdʒəl vɔ:lt]
 拨棍 deflect with cudgel [de'flekt wið 'kʌdʒəl]
 劈棍 downward strike cudgel ['daunwəd straik 'kʌdʒəl]
 绞把 end coil [end kɔil]
 劈把 end smash [end smæʃ]
 挑把 end tilt [end tilt]
 舞花棍 figure-8 with cudgel ['figə-eit wið 'kʌdʒəl]
 抱棍 hold cudgel [hould 'kʌdʒəl]
 横击把 horizontal strike with end of cudgel
 [həri'zɒntl straik wið end əv 'kʌdʒəl]
 截把 intercept with end of cudgel
 [intə(:)'setp wið end əv 'kʌdʒəl]
 格棍 parry with cudgel ['pæri wið 'kʌdʒəl]
 挂把 parry with end of cudgel ['pæri wið end əv
 'kʌdʒəl]
 点棍 point with cudgel [pɔint wið 'kʌdʒəl]
 戳棍 poke cudgel [pouk 'kʌdʒəl]

压棍 press with cudgel [pres wið 'kʌdʒəl]

推棍 push with cudgel [puʃ wið 'dʌdʒəl]

推把 push with end of cudgel

[puʃ wið end əv 'kʌdʒəl]

托棍 overhead block with cudgel

['ouvehed blɒk wið 'kʌdʒəl]

举棍 raise cudgel [reɪz 'kʌdʒəl]

挑棍 raise cudgel with straight-arm

[reɪz 'kʌdʒəl wið streit-ɑ:m]

提撩舞花 reverse figure-8 [ri'və:s 'figə-eɪt]

扛棍 shoulder cudgel ['ʃouldə 'kʌdʒəl]

滑把 slide hand along shaft

[slaid hænd ə'lɒŋ ʃɑ:ft]

砸把 (盖把) smash with end of cudgel

[smæʃ wið end əv 'kʌdʒəl]

扫把 sweep with end of cudgel [swi:p wið end əv

'kʌdʒəl]

截棍 thrust with end of cudgel [θrʌst wið end əv

'kʌdʒəl]

崩棍 tilt cudgel [tɪlt 'kʌdʒəl]

撩棍 upper cut with cudgel ['ʌps kʌt wið 'kʌdʒəl]

挂棍 upward cudgel parry ['ʌpwəd 'kʌdʒəl 'pæri]

5. 九节鞭 (Nine-Section Whip)

斜披红鞭 carry whip obliquely on back

['kæri hʌwɪp ə'bli:kli ɒn bæk]

双手舞花鞭 circle whip with both hands

[sə:kɪ hwip wið bouθ hændz]

收鞭 collect whip [kə'lekt hwip]

插步外拐肘鞭 cross step outside bent-elbow whip

lashing [krɒs step 'aʊtsaɪd bent-'elbou hwip
'læʃɪŋ]

双手舞花鞭 double-handed whip figure-8

[dʌbl-'hændɪd hwip 'fɪgə-eɪt]

里外拐肘鞭 inward and outward bent-elbow whip

lashing ['ɪnwəd ænd 'aʊtwəd bent-'elbou hwip
'læʃɪŋ]

仰挺身下扫鞭 lie on back and sweep whip under body

[laɪ ɒn bæk ænd swi:p hwip 'ʌndə 'bɒdi]

过头外拐肘鞭 outside bent-elbow over head whip

lashing ['aʊtsaɪd bent-'elbou 'oʊvə hed hwip
'læʃɪŋ]

虚步背鞭 shoulder whip in empty step

['ʃouldə hwip ɪn 'empti step]

单手拨花鞭 single handed whip circling

['sɪŋgl 'hændɪd hwip 'sə:kliŋ]

扫鞭 sweep whip [swi:p hwip]

旋子扫鞭 sweep whip in butterfly [swi:p hwip ɪn

'bʌtəflaɪ]

仰身滚动下扫鞭 sweep whip under body while rolling

[swi:p hwip 'ʌndə 'bɒdi hwaɪl 'roʊlɪŋ]

甩头打鞭 swing head and lash whip

[swip hed ænd læf hwip]

里骗马鞭 swing leg inward over whip

[swin leg 'inwəd oʊvə hwip]

外骗马鞭 swing leg outward over whip

[swin leg 'aʊtwəd oʊvə hwip]

拨鞭缠脖 swing whip around neck

[swin hwip ə'raʊnd nek]

转身背花鞭 turn body and circle whip on back

[tə:n 'bɒdi ænd 'sə:kl hwip ɒn bæk]

转身平抡鞭 turn body and swing whip horizontally

[tə:n 'bɒdi ænd swin hwip ,həri'zəntli]

转身背鞭 turn body with whip on back

[tə:n 'bɒdi wið hwip ɒn bæk]

缠腰鞭 wrap whip around waist

[ræp hwip ə'raʊnd weɪst]

6. 常用器械动作名称 (Names of Weapon Movements in Common Use)

弓步劈刀 chop with broadsword in bow step

[tʃɒp wið 'brɔ:dsɔ:d in bou step]

弓步劈剑 hack sword in bow step [hæk sɔ:d in bou
step]

虚步藏刀 hide broadsword in empty stance

[haɪd 'brɔ:dsɔ:d in 'empti stæns]

半马步平持枪 hold spear horizontally in semi-horse
stance [hould spiə ,həri'zəntli in 'semi-hɔ:s stæns]

并步点剑 point sword with feet together

[point sə:d wið fi:t,tə'geðə]

独立刺剑 stand on one leg and thrust sword

[stænd on wʌn leg ænd θrʌst sə:d]

上步回刺剑 step forward and thrust sword backward

[step 'fə:wəd ænd θrʌst sə:d 'bækwəd]

仆步扫刀 sweep broadsword in crouch step

[swi:p 'brɔ:dsə:d in kraʊtʃ step]

仆步扫枪 sweep spear in crouch step

[swi:p spiə in kraʊtʃ step]

《三）器械及套路名称 (Weapons and Names of Weapon Routines)

古兵器 ancient weapon ['eɪnfənt 'wepən]

器械套路 Armed Routine ['ɑ:md ru:'ti:n]

斧 axe [æksi]

钺 battle-axe ['bætl-'æksi]

铲 (bladed) shovel [('bleɪdɪd) 'ʃʌvl]

弓箭术 bow-and-arrow play [bou-ænd-'ærou pleɪ]

刀 broadsword ['brɔ:dsə:d]

刀术 broadswordplay ['brɔ:dsə:dpleɪ]

弹弓 catapult ['kætəpʌlt]

月牙铲 crescent moon shovel ['kresnt mu:n 'ʃʌvl]

弩 crossbow ['krɒsbəʊ]

拐 crutch [krʌtʃ]

棍 cudgel ['kʌdʒəl]
 棍术 cudgel play ['kʌdʒəl pleɪ]
 短剑, 短刀 cutlas ['kʌtləs]
 匕首 dagger ['dægə]
 戈 dagger-axe ['dægə-'æksɪ]
 镖 dart [dɑ:t]
 子母鸳鸯钺 double battle-axes ['dʌbl 'bætl-'æksɪz]
 双刀 double broadswords ['dʌbl 'brɔ:dsɔ:dz]
 双拐 double crutches ['dʌbl 'krʌtʃɪz]
 双匕首 double daggers ['dʌbl 'dægəz]
 双叉 double forks ['dʌbl fɔ:ks]
 双戟 double halberds ['dʌbl 'hælbə(:)dz]
 双手刀 double handed broadswords ['dʌbl 'hændɪd
 'brɔ:dsɔ:dz]
 双手剑 Double Handed Sword (Play)
 ['dʌbl 'hændɪd sɔ:d (pleɪ)]
 双钩 double-hooks ['dʌbl-huks]
 长穗双剑 double long-eared swords
 ['dʌbl lɒŋ-'iəd sɔ:dz]
 双铜 double maces ['dʌbl meɪsɪz]
 双剑 double rapiers ['dʌbl-'reɪpiəz]
 双头棍 double-headed staff ['dʌbl-'hedɪd stɑ:f]
 双剑 double swords ['dʌbl sɔ:dz]
 双棍 double staffs ['dʌbl stɑ:fs]
 双头双枪 double two-headed spears
 ['dʌbl tu:-'hedɪd spiəz]

双器械 double weapons ['dʌbl 'wepənz]

双鞭 double whips ['dʌbl 'hwɪps]

龙形刀 Dragon Sabre Play ['dræɡən, 'seɪbə pleɪ]

龙形剑 Dragon Sword Play ['dræɡən, sɔ:d pleɪ]

醉棍 Drunken Cudgelplay ['drʌŋən, 'kʌdʒəlpleɪ]

醉剑 Drunken Swordplay ['drʌŋkən, 'sɔ:dpleɪ]

八卦刀 Eight-Diagram Broadswordplay

[eɪt-'daɪəgræm, 'brɔ:dsɔ:dpleɪ]

八仙剑 Eight Immortals Swordplay

[eɪt ɪ'mɔ:tlz 'sɔ:dpleɪ]

八卦刀 Eight-Trigram Broadswordplay

[eɪt-'traɪgræm, 'brɔ:dsɔ:dpleɪ]

峨眉刺 "emei" daggers ["emeɪ" 'dægəz]

齐眉棍 Eyebrow-Level Staff Play

['aɪbrau-'levl stɑ:f pleɪ]

青龙刀, 偃月刀 falchion ['fɔ:ltʃən]

五虎枪 Five-Tiger Spearplay [faɪv-'taɪgə 'spiəpleɪ]

飞叉 flying fork ['flaɪɪŋ fɔ:k]

飞钩 flying hook ['flaɪɪŋ hʊk]

飞虹剑 Flying-Rainbow Swordplay

['flaɪɪŋ-'reɪnbəʊ 'sɔ:dpleɪ]

叉 fork [fɔ:k]

宫天梳 heavenly palace comb ['hevnli 'pælis kəʊm]

戟 halberd ['hælbə(:)d]

戟 halbert ['hælbə(:)t]

硬鞭 hard whip [hɑ:d hwɪp]

耙 harrow ['hærou]

斧 hatchet ['hætʃɪt]

重器械 heavy weapon ['hevi 'wepən]

腰刀 hip-sabre [hip-'seibə]

钩 hook [huk]

铁尺 iron ruler ['aɪən 'ru:lə]

轻器械 light weapon [laɪt 'wepən]

长穗剑 Long-Eared Sword Play [lɔŋ-ɪəd sə:d'plei]

大刀 long-handle broadsword [lɔŋ-'hændl 'brɔ:dsə:d]

大枪 long-handle spear [lɔŋ-'hændl spɪə]

扑刀 long-hilt broadsword [lɔŋ-hilt 'brɔ:dsə:d]

大环刀 long-hilt broadsword with rings

[lɔŋ-hilt 'brɔ:dsə:d wɪð rɪŋz]

春秋大刀 long-hilt scimitar [lɔŋ-hilt 'sɪmɪtə]

长穗剑 long-tassel sword [lɔŋ-'tæsəl sə:d]

长器械 long weapon [lɔŋ 'wepən]

铜 mace [meɪs]

流星锤 meteor hammer ['mi:tjə 'hæmə]

猴刀 Monkey Broadsword Play {'mʌŋki 'brɔ:dsə:d
plei]

猴棍 Monkey Cudgelplay {'mʌŋki 'kʌdʒəlplei]

多刃兵器 multiple-edge weapon {'mʌltɪpl-edʒ 'wepən]

夜战刀 Night Fighting Broadsword Play

[nait 'faɪtɪŋ 'brɔ:dsə:d'plei]

夜行刀 Night Walking Broadsword Play

[nait 'wɔ:kiŋ 'brɔ:dsə:d'plei]

九节鞭 nine-section whip [nai 'sekʃən hwip]

九节鞭 nine-segment whip [nai-'segment hwip]

其它器械 other weapons ['ʌðə 'wepənz]

牛心拐 ox-heart crutch [ɒks-hɑ:t kratʃ]

矛 pike [paik]

咏春刀 Praising Spring Broadsword Play

[preiziŋ sprɪŋ 'brɔ:dsɔ:d plei]

青萍剑 "Qingping" Swordplay ["qɪŋpɪŋ" 'sɔ:dplei]

耙 rake [reik]

剑 rapier ['reipiə]

滚堂双刀 Rolling Double Broadwords Play

[roulɪŋ 'dʌbl 'brɔ:dsɔ:dz plei]

绳镖 rope-dart [rəʊp-da:t]

刀 sabre ['seɪbə]

刀术 Sabre Play ['seɪbə plei]

盾牌 shield [ʃi:ld]

短剑, 匕首 short sword [ʃɔ:t sɔ:d]

短穗剑 short-tassel sword [ʃɔ:t-'tæsl sɔ:d]

短器械 short weapon [ʃɔ:t 'wepən]

单刀 single broadsword ['sɪŋgl 'brɔ:dsɔ:d]

单刀加鞭 single broadsword plus whip

['sɪŋgl 'brɔ:dsɔ:d plʌs hwip]

单剑 single sword ['sɪŋgl sɔ:d]

单器械 single weapon ['sɪŋgl 'wepən]

单鞭 single whip ['sɪŋgl hwip]

十八般兵器 skill in wielding the eighteen weapons

[skil in 'wi:ldiŋ ði: 'ei:ti:n 'wepənz]

弹弓 slingshot ['slɪŋʃɒt]

软兵器 soft weapon [sɒft 'wepən]

软鞭 soft whip [sɒft hwɪp]

枪, 矛 spear [spiə]

枪术 Spear Play [spiə plei]

棒 staff [stɑ:f]

棍术 Staff Play [stɑ:f plei]

日月乾坤刀 sun and moon, heaven and earth sabre

[sʌn ænd mu:n 'hevn ænd ə:θ 'seibə]

刀, 剑 sword [sɔ:d]

剑术 Swordmanship ['sɔ:dmənʃɪp]

剑术 Sword Play [sɔ:d plei]

太极刀 "Taiji" Broadsword Play ["taiji" 'brɔ:dsɔ:d

plei]

太极尺 "Taiji" Ruler Play ["taiji" 'rulə plei]

太极剑 "Taiji" Swordplay ["taiji" 'sɔ:dplei]

三十二式太极剑 Thirty-Two Forms "Taiji" Swordplay

['θə:ti-tu: fɔ:mz "taiji" 'sɔ:dplei]

三尺剑 three-foot-long sword [θri:-fu:t-lɒŋ sɔ:d]

三节棍 three-section staff [θri:-sekʃən stɑ:f]

三股叉 three-tined fork [θri:-taɪnd fɔ:k]

三股叉 trident ['traɪdənt]

三尖两刃刀 triple-pointed double-bladed long-hilt

sabre ['tripl-'pɔɪntɪd 'dʌbl-'bleɪdɪd lɒŋ-hɪlt 'seibə]

梢子棍 two-section long imbalanced cudgel

[tu:-'sekʃən 'lɒŋ im'bælənst 'kɑdʒəl]

两节棍 two-section staff [tu:-'sekʃən stɑ:f]

两股叉 two-tined fork [tu:-'taɪnd fɔ:k]

腰刀 waist-sabre [weɪst 'seɪbə]

行刀 Walking Broadsword Play ['wɔ:kiŋ 'brɔ:dsɔ:d pleɪ]

行棍 Walking Staff Play ['wɔ:kiŋ stɑ:f pleɪ]

行剑 Walking Swordplay ['wɔ:kiŋ 'sɔ:dpleɪ]

兵器 weapon ['wepən]

器械套路 Weapon Routine ['wepən ru:'ti:n]

鞭 whip [hwɪp]

鞭杆 whip-cudgel [hwɪp 'kɑdʒəl]

鞭杆 whip-staff [hwɪp stɑ:f]

白蛇剑 White Snake Swordplay [hwaɪt sneɪk 'sɔ:dpleɪ]

杨眉剑 "Yangmei" Swordplay ["yangmeɪ" 'sɔ:dpleɪ]

杨家枪 "Yang" Style Spearplay ["yang stɑɪl 'spiəpleɪ]

四、对练 (Set Sparring)

器械对练 armed combat [ɑ:md 'kɒmbət]

徒手与器械对练 bare-handed and weapon duels
[beə-'hændɪd ænd 'wepən 'dju(:)əlz]

徒手对练 bare-handed duel [beə-'hændɪd 'dju(:)əl]

对劈刀 Bradsword vs. Broadsword
['brɔ:dsɔ:d 'vɜ:səs 'brɔ:dsɔ:d]

刀对盾牌 Broadsword vs. Shield ['brɔ:dsɔ:d 'vɜ:səs

[ʃi:ld]

对拳 Boxing Match [ˈbɒksɪŋ ˈmætʃ]

徒手对练 Barehanded vs. Barehanded

[ˈbeəhændɪd ˈvə:səs ˈbeəhændɪd]

空手夺匕首 Bare Hand vs. Dagger

[ˈbeə ˈhænd ˈvə:səs ˈdægə]

空手对盾牌刀 Bare-Handed vs. Shield and Broad-

sword [ˈbeə-ˈhændɪd ˈvə:səs ʃi:ld ænd ˈbrɒdsɔ:d]

双刀进枪 Double Broadsword vs. Spear

[ˈdʌbl ˈbrɒ:dsɔ:d ˈvə:səs spiə]

双匕首进枪 Double Daggers vs. Spear

[ˈdʌbl ˈdægəz ˈvə:səs spiə]

对练 duel [ˈdju(:)əl]

对擒拿 Holding-and-Catching Sparring

[ˈhouldɪŋ-ænd-ˈkætʃɪŋ ˈspɑ:rɪŋ]

长拳对练 Paired Long Boxing Practice

[ˈpeəd lɒŋ ˈbɒksɪŋ ˈpræktɪs]

对练 paired practice [peəd ˈpræktɪs]

对练 set sparring [set ˈspɑ:rɪŋ]

盾牌刀对三节棍，齐眉棍 Shield and Sabre vs. Three-

Section Staff and Eyebrow-Level Staff [ʃi:ld ænd

ˈseɪbə ˈvə:səs θri:-ˈsekʃən stɑ:f ænd ˈaɪbrau-ˈlevl

stɑ:f]

单刀进枪 Single Broadsword vs. Spear

[ˈsɪŋɡl ˈbrɒ:dsɔ:wɔ:d ˈvə:səs spiə]

对练 sparring [ˈspɑ:rɪŋ]

对扎枪 Spear vs. Spear [spiə 'və:səs spiə]
 枪对牌 Spear vs. Shield [spiə 'və:səs fi:ld]
 剑对牌 Sword vs. Shield [sɔ:d 'və:səs fi:ld]
 对刺剑 Sword vs. Sword [sɔ:d 'və:səs sɔ:d]
 三人对拳 Three-Man Combat [θri:-mæn 'kəmbət]
 三人对打 Three-Man Contest [θri:-mæn kən'test]
 三人对棍 Three-Man Cudgel Play
 [θri:-mæn 'kʌdʒəl plei]

五、 对抗项目 (Combat Events)

(一) 散打(Free Sparring)

实战 actual combat [ˈæktʃʊəl 'kəmbət]

调整姿势 adjust one's position [ə'dʒʌst wʌnz pə'ziʃən]

有利位置 advantage position [əd'vɑ:ntidʒ pə'ziʃən]

有利位置 advantageous position [ədven'teidʒəs
pə'ziʃən]

全力进攻 all-out attack [ɔ:l-aʊt ə'tæk]

进攻角度 angle of attack [ˈæŋgl əv ə'tæk]

手臂虚晃 arm-feint [a:m-feint]

攻防技术 art of attack and defence [ɑ:t əv ə'tæk ænd
di'fens]

攻防技术 attack and defence techniques
[ə'tæk ænd di'fens tek'ni:ks]

进攻姿势 attack position [ə'tæk pə'ziʃən]
 进攻能力 attacking ability [ə'tækiŋ ə'biliti]
 技击手段 attacking method [ə'tækiŋ 'meθəd]
 技击, 进攻技巧 attacking skill [ə'tækiŋ 'skil]
 向后移步 back step [bæk step]
 以拳背击人 backhand swing ['bækhænd swiŋ]
 以拳背击人 backhanded blow ['bækhændid bləʊ]
 后跳步 backward jump step ['bækwɔ:d dʒʌmp step]
 练习手套(打沙袋用的) bag gloves [bæg glʌvz]
 最轻量级 bantamweight ['bæntəmweɪt]
 手搏, 徒手格斗 barehanded fighting ['beəhændid
 'faitiŋ]
 基本防守动作 basic defense movements
 ['beisik di'fens 'mu:vments]
 击打 beat [bi:t]
 腰带, 猛击 belt [belt]
 前俯防 bend forward in defence
 [bend fə:wəd in di'fens]
 掀对方手臂 bend the opponent's arm backwards
 [bend ði: ə'pounents a:ɪm 'bækwədz]
 防守练习 blocking drill ['blɒkiŋ drill]
 用手掌打击 blow with palm [bləʊ wɪθ pɑ:m]
 假攻 bluff [blʌf]
 低头闪躲 bobbing ['bɒbiŋ]
 练习袋 body bag ['bɒdi bæɡ]
 身体虚晃 body feint ['bɒdi feɪnt]

抱躯干过桥摔 body-hold sit-back throw

[ˈbɒdi-hould sit-bæk θrou]

抱腰 body-lock [ˈbɒdi lɒk]

抱摔 body slam [ˈbɒdi slæm]

回合 bout [baʊt]

以掌格挡来拳 catch (oncoming fist)

[kætʃ (ənˈkʌmɪŋ fɪst)]

使某人的身体倾斜 cause opponent leaning to (one side) [kəʊz əˈpəʊnənt liːnɪŋ (tu wʌn saɪd)]

使对方进攻落空 cause opponent's attack to be ineffective [kəʊz əˈpəʊnənts əˈtæk tu biː ɪniˈfektɪv]

击胸部的拳 chest blow [tʃest bləʊ]

护胸 chest-pad [tʃest-pæd]

护胸 chest-protector [tʃest-prəˈtektə]

护胸 chestplate [ˈtʃestpleɪt]

击下巴颏的拳 chin blow [tʃɪn bləʊ]

绕环防守 circular parries [ˈsækjulə ˈpærɪz]

双腕圈擒 circle hold with both wrists

[ˈsəːkl hould wɪð buθ rɪsts]

近战 close contact fighting [klaʊs ˈkɒntækt ˈfaɪtɪŋ]

逼近对方 close in on opponent [klaʊs ɪn ən əˈpəʊnənt]

落空 come to nothing [kʌm tu ˈnʌθɪŋ]

开始姿势 commencing position [kəˈmensɪŋ pəˈzɪʃən]

还击 counter [ˈkaʊntə]

连续进攻 continuous attack [kənˈtɪnjuəs əˈtæk]

还击 counter blow [ˈkaʊntə bləʊ]

反擒 counter-hold ['kauntə-həuld]

反防守 counter-parry ['kauntə 'pæri]

反还击 counter-return ['kauntə ri'tə:n]

创造进攻条件 create attacking condition

[kri(:)'eit ə'tækiŋ kən'diʃən]

迎击 cross [krəs]

迎击 cross counter [krəs 'kauntə]

格挡 cross parry [krəs 'pæri]

交锋 cross sword [krəs sə:d]

抱腿 crotch hold [krətʃ həuld]

抱腿摔 crotch lift [krətʃ lift]

拍击防守, 护腕 cuff [kʌf]

战胜, 击败 defeat [di'fi:t]

防守反击 defence and return [di'fens ænd ri'tə:n]

防守技巧 defence skill [di'fens skil]

有效防守 defend effectively [di'fend i'fektivli]

防卫者 defender [di'fendə]

防守 defense [di'fens]

防守能力 defense ability [di'fens ə'biliti]

防守动作 defense action [di'fens 'ækʃən]

防守练习 defense drill [di'fens drill]

防法 defense methods [di'fens 'meθədz]

防守动作 defense movements [di'fens 'mu:vmənts]

防守姿势 defense position [di'fens pə'ziʃən]

防守技术 defense technique [di'fens tek'ni:k]

不同级别 different classes ['diferənt 'klɑ:sɪs]

- 难以招架 difficult to ward off [ˈdɪfɪkəlt tu wɔ:d ə(:)f]
- 直接进攻 direct attack [diˈrekt əˈtæk]
- 失去比赛能力 disabled [diˈseɪblɪd]
- 分级 (体重) : : division [diˈvɪʒən]
- 头部被击中后站立不稳 dizzy [ˈdɪzi]
- 拳打脚踢 blows and kicks [bləʊz ənd kɪks]
- 左闪 dodge to the left [dɒdʒ tu ðə left]
- 右闪 dodge to the right [dɒdʒ tu ðə raɪt]
- 闪躲还击法 dodging and riposte methods
[ˈdɒdʒɪŋ ənd riˈpəʊst ˈmeθədz]
- 左直拳接右勾拳 boom-boom [bu:m-bu:m]
- 互击 mutual attack [ˈmju:tʃuəl əˈtæk]
- 连击 double hit [ˈdʌbl hit]
- 抱双腿摔 double-leg drop [ˈdʌbl-leg drɒp]
- 抱双腿摔 double-leg hold pick-up
[ˈdʌbl-leg həʊld ˈpɪk-ʌp]
- 抱双腿摔 double-leg tackle [ˈdʌbl-leg ˈtækəl]
- 双手抓腕 double wristlock [ˈdʌbl ˈrɪstlək]
- 留出空当以引诱对方出拳 draw (in) [drɔ: (in)]
- 转体弯腰闪躲 drop-away [drɒp-əˈwei]
- 低头防 drop head in defence [drɒp hed ɪn dɪˈfens]
- 变换步法移动身体重心 drop shift [drɒp ʃɪft]
- 下蹲闪躲 duck [dʌk]
- 以肘阻挡 elbow block [ˈelbəʊ blɒk]
- 肘击 elbow blow [ˈelbəʊ bləʊ]
- 护肘 elbow guard [ˈelbəʊ ɡɑ:d]

锁肘封喉 elbow-lock strangle hold throat

[ˈelbou-lək ˈstræŋgl həʊld ɒrəʊt]

护肘 elbow pad [ˈelbou pæd]

基本战术 elementary tactics [ˌeliˈmentəri ˈtæktiks]

闪躲 elude [iˈlu:d]

逃避, 躲避 evade [iˈveɪd]

眼看对方 eyes looking at opponent

[aɪz ˈlu:kɪŋ æt əˈpəʊnənt]

眼看对方 eyes on opponent [aɪz ɒn əˈpəʊnənt]

面罩 face mask [feɪs mɑːsk]

假动作 fake [feɪk]

虚击 fake blow [feɪk bləʊ]

倒地 fall (down) [fɔːl (daʊn)]

摔倒在地 fall onto the ground

[fɔːl ˈɒntu ðə graʊnd]

假攻 false attack [fɔːls əˈtæk]

远侧 far side [fɑː saɪd]

有利位置 favourable position [ˈfeɪvərəbl pəˈzɪʃən]

次轻量级 featherweight [ˈfeðəweɪt]

左直拳 feeler [ˈfiːlə]

佯攻 feign attack [feɪn əˈtæk]

假动作 feint [feɪnt]

挡开 fend off [fend ɔː(ː)f]

挡开对方一击 fend off opponent's blow

[fend ɔː(ː)f əˈpəʊnənts bləʊ]

战距 fighting distance [ˈfaɪtɪŋ ˈdɪstəns]

格斗技巧(术) fighting skills ['faitɪŋ skɪlz]

战术指导 fighting tactics instruction

['faitɪŋ 'tæktɪks ɪns'trʌkʃən]

战术训练 fighting tactics training

['faitɪŋ 'tæktɪks 'treɪnɪŋ]

拳法 fist-fighting methods

[fɪst-'faitɪŋ 'meθədz]

背摔 flip over back [flɪp 'əʊvə bæk]

顺对方的来势 follow (opponent's) oncoming force

['fələʊ (ə'pəʊnənts) ɒn'kʌmɪŋ fɔ:s]

顺手牵羊 following-the-punch hold

['fələʊɪŋ-ðə-pʌntʃ həʊld]

以脚为轴转身 foot pivot [fʊt 'pɪvət]

前臂阻挡 forearm block ['fɔ:ɹɑ:m blɒk]

前跳步 forward jump step ['fɔ:wəd dʒʌmp step]

犯规 foul [faʊl]

犯规拳 foul blow [faʊl bləʊ]

护裆 (foul-proof) cup [(faʊl-pru:f) kʌp]

自由搏击 free combat [fri: 'kɒmbət]

自由搏击(散手) free fighting [fri: 'faitɪŋ]

散手 free-hand [fri:-hænd]

基本拳法 fundamental fist techniques

[fʌndə'mentl fɪst tek'nɪks]

基本姿势, 防守姿势 fundamental position

[fʌndə'mentl pə'zɪʃən]

左拳向前冲出 give a straight blow forward with left

fist [gɪv ə streɪt blou /fə:wəd wið left fist]

弃权 give up [gɪv ʌp]

滑进攻击 glide [ɡlaɪd]

被击倒 go down [ɡoʊ daʊn]

及时 good timing [ɡʊd 'taɪmɪŋ]

缠腿 grapevine leg {'ɡreɪpvain leg}

擒指折腕 grip fingers and break wrist

[ɡrɪp 'fɪŋɡəz ænd breɪk rɪst]

头部被击中后站立不稳 'groggy {'ɡrɑ:ɡi]

锁臂 hammerlock {'hæmələk]

握手圈擒 handshake-and-circle hold

['hændʃeɪk-ænd-sə:kl həʊld]

握手擒拿 handshake hold {'hændʃeɪk həʊld]

头撞 head butt [hed bʌt]

夹头 head lock [hed lɒk]

抱肩颈背摔 head-lock flip [hed-lɒk flɪp]

练习袋 heavy bag ['hevi bæɡ]

重击 heavy blow ['hevi bləʊ]

最重量级 heavyweight {'heviweɪt]

头盔 helmet {'helmit]

上下攻击 high and low attack [haɪ ænd loʊ ə'tæk]

上下交替攻击 high and low attack

alternately [haɪ ænd loʊ ə'tæk ə:l'tə:nɪtli]

击中 hit received [hit ri'si:vɪd]

过腿摔 hip-roll throw [hɪp rəʊl θrəʊ]

击中 hit scored [hit skɔ:d]

击中 hit target [hit 'tɑ:ɡɪt]

肘击 hit with elbow [hit wið 'elbəʊ]

破解擒拿法 hold-breaking methods [hould 'breɪkɪŋ
'meθədz]

正面抱膝 hold knee in front [hould ni: in frʌnt]

抱腿防 hold leg in defence [hould leg in di'fens]

勾拳 hook [hʊk]

勾防 hook in defence [hʊk in di'fens]

勾踢 hook kick [hʊk kɪk]

挂腿 hook leg [hʊk leg]

抱住, 紧抱 hug [hʌɡ]

抱住对方 hugging ['hʌɡɪŋ]

及时还击 immediate riposte [ɪ'mi:djət ri'pəʊst]

不及时 improper timing [ɪm'prəpə 'taɪmɪŋ]

处于被动 in an inferior position [ɪn ən ɪn'fɪəriə
pə'zɪʃən]

及时, 准时 in (good) time [ɪn (ɡʊd) taɪm]

间接进攻 indirect attack [ɪndɪ'rekt ə'tæk]

落空 ineffective [ɪni'fektɪv]

背势 inferior position [ɪn'fɪəriə pə'zɪʃən]

近战 infighting ['ɪnfɑɪtɪŋ]

后插 insert leg behind (opponent)

[ɪn'sɜ:t leg bi'hænd (ə'pəʊnənt)]

插腿防守 insert leg in defence

[ɪn'sɜ:t leg in di'fens]

内侧抱腿 inside crotch hold ['ɪnsaɪd krɒtʃ hould]

内侧格挡 inside parry ['insaid 'pæri]
 间息 intermission [ɪntə(:)'mɪʃən]
 缠腿 intertwinning leg [ɪntə(:)'twainɪŋ leg]
 击中无效 invalid hit [ɪn'vælid hit]
 引诱 invitingness [ɪn'veɪtɪŋɪs]
 引诱 invitation [ɪn'veɪtʃən]
 引诱 invite [ɪn'vaɪt]
 引诱 inviting [ɪn'veɪtɪŋ]
 用拳猛击 jab [dʒæb]
 背摔 jackknife ['dʒæknaɪf]
 向后跃步 jump backward [dʒʌmp 'bækwəd]
 向前跃步 jump forward [dʒʌmp 'fɔ:wəd]
 顺势踢 kick according to opponent's posture
 [kɪk ə'ko:dnɪŋ tu ə'pəʊnənts 'postʃə]
 踢腿防 kick in defence [kɪk ɪn dɪ'fens]
 手撑摔 knee-hollow hold throw [ni:'həʊlən həʊld
 θrou]
 抱膝 knee lock [ni:lɒk]
 以膝撞裆 knee opponent's groin
 [ni: ə'pəʊnənts grəʊn]
 击倒 knock down [nɒk daʊn]
 过桥摔 lean back [li:n bæk]
 左平勾拳 left horizontal hook
 [left 'hɒrɪzəntl hʊk]
 左(右)勾拳 left (right) hook [left (raɪt) hʊk]
 左(右)上勾拳 left (right) uppercut

[left (rait) 'ʌpəkʌt]

防左 left (side) defence [left (said) di'fens]

防左连击法 left-side defence riposte methods

[left-said, di'fens, ri'poust 'meθədz]

左闪步 left sidestep [left 'saidstep]

左直拳接右勾拳 left straight, followed by right hook

[left streit 'fəloud bai rait huk]

抓腿 leg grip [leg grip]

抱腿摔 leg-hold throw [leg-hould θrou]

夹腿 leg lock [leg lək]

护腿 leg protector [leg prə'tektə]

身体……部位着地 lie flat on the ...

[lai flæt ɒn ði: ...]

胸腹着地 lie flat on the belly

[lai flæt ɒn ðə 'beli]

绊摔 lift and trip [lift ænd tri:p]

提脚防 lift foot in defence [lift fut in di'fens]

提膝反踢 lift knee and return kick

[lift ni: ænd ri'tə:n kik]

提腿防下 lift leg for lower defence

[lift leg fə: 'ləʊə di'fens]

左(右)勾踢 left (right) hook kick

[left (rait) huk kik]

抱起 lifting hold ['lɪftɪŋ hould]

轻击 light blow [lait blou]

重量级 light-heavyweight [lait-'heviweit]

中量级 light-middleweight ['lait-'midlweit]

轻量级 lightweight ['laitwɛn]

进攻路线 line of attack [lain əv ə'tæk]

远距离 long distance [lɒŋ 'distəns]

解脱 loosen grip ['lu:sn 'grip]

失势 lose correct posture [lu:z kə'rekt 'pɒstʃə]

顾此失彼 lose one thing for another

[lu:z wʌn θɪŋ fə: ə'nʌðə]

失去反抗能力 lose resistance ability

[lu:z ri'zistəns ə'biliti]

击下部 (击对方小腹以下部位) low blow [lou 'blou]

防左下 lower left defence ['louə left di'fens]

防左下还击法 lower left defence riposte methods

['louə left di'fens ri'poust 'meθədz]

防右下 lower right defence ['louə rait di'fens]

防右下还击法 lower right defence riposte methods

['louə rait di'fens ri'poust 'meθədz]

引诱, 诱惑 lure (in) ['ljua (in)]

保护性滚翻 mat roll [mæt rɔul]

回合, 局 match [mætʃ]

技击手段 means of attack [mi:nz əv ə'tæk]

攻击手段 method of attack ['meθəd əv ə'tæk]

防守方法 methods of defence ['meθədz əv di'fens]

次重量级 middleweight ['midlweit]

护齿 mouth-guard [mauθ-gɑ:d]

近端 near end [niə end]

近侧 near side [niə saɪd]

护颈 neck guard [nek ɡɑ:d]

斜上步 oblique forward step [əb'li:k 'fɔ:wəd step]

攻防技术 offense and defense techniques

[ə'fens ænd di'fens tek'ni:ks]

进攻动作 offensive action [ə'fensiv 'ækʃən]

实战姿势 on-guard position [ɒn-ɡɑ:d pə'ziʃən]

左右连续攻击 one-two [wʌn-tu:]

空挡 open "on-guard" position ['əʊpən "ɒn-ɡɑ:d"
pə'ziʃən]

做假动作造成对漏空 open up ['əʊpən ʌp]

空挡(防守不严而造成的) opening ['əʊpənɪŋ]

外侧抱腿 outside crotch-hold ['aʊtsaɪd krɒtʃ-həʊld]

外侧格挡 outside parry ['aʊtsaɪd bæri]

失去平衡 overreach ['əʊvə'ri:tʃ]

避开打击 parry a blow ['pæri ə bləʊ]

防守与还击 parry and riposte ['pæri ænd ri'pəʊst]

格打 parry and strike ['pæri ænd straɪk]

格防 parry in defence ['pæri in di'fens]

向上格挡 parry upwards ['pæri 'ʌpwədz]

冲破对方防线 penetrate opponent's defence

[penɪtreɪt ə'pəʊnənts di'fens]

及时 perfect timing ['pə:fɪkt 'taɪmɪŋ]

抱起 pick-up [pɪk-ʌp]

攻击目标 point of attack [pɔɪnt əv ə'tæk]

实用技法 practical attacking techniques

[ˈpræktikəl əˈtækiŋ teˈni:ks]

预备姿势 preparatory position [priˈpærətəri pəˈziʃən]

身体贴靠对方 press against opponent

[pres əˈgeɪnst əˈpəʊnənt]

压防 press in defence [pres in diˈfens]

接膝防 press knee in defence [pres ni: in diˈfens]

压腿防 press leg down in defence

[pres leg daʊn in diˈfens]

压滑进攻 pressure glide [ˈpresə ɡaɪd]

护头 protect head [prəˈtekt hed]

护具 protective clothing [prəˈtektɪv ˈklaʊðɪŋ]

护具 protective gear [prəˈtektɪv ɡiə]

反败为胜 pull out of the fire [pul aʊt əv ðə ˈfaɪə]

下冲拳 punch downward [pʌntʃ ˈdaʊnwəd]

上冲拳 punch upward [pʌntʃ ˈʌpwəd]

练习袋 punching bag ([ˈpʌntʃɪŋ ˈbæg]

击打练习 punching drill [ˈpʌntʃɪŋ drɪl]

拳打脚踢 punching with fists and kicking with legs

[ˈpʌntʃɪŋ wɪð fɪsts ænd ˈkɪkɪŋ wɪð legz]

追击 pursuing attack [pəˈsju:ɪŋ əˈtæk]

推开 push away [puʃ əˈwei]

托肘防 push elbow in defence [puʃ ˈelbəʊ in diˈfens]

推防 push in defence [puʃ in diˈfens]

推下颌 push jaw [puʃ dʒə:]

预备势 ready position [ˈredi pəˈziʃən]

实战 real fighting [ri:l ˈfaɪtɪŋ]

连续进攻 redoublement [ri(:)'dʌblmənt]

解脱 release hold [ri'li:s 'hould]

反抗能力 resistance ability [ri'zistəns ə'biliti]

禁击部位 restricted area [ris'triktid 'æriə]

反击 retaliate [ri'tælieit]

后退, 退却 retire [ri'taɪə]

退防 retreat in defence [ri'tri:t in di'fens]

还击 return [ri'tə:n]

以踢还踢 return a kick for a kick

[ri'tən ə kik fə: ə kik]

反夹臂 reverse arm-lock [ri'və:s ə:m-lək]

反夹臂背摔 reverse arm-throw [ri'və:s ə:m-θrou]

反抱肩颈过桥摔 reverse lean back throw

[ri'və:s li:n bæk θrou]

右平勾拳 right horizontal hook

[rait 'həri'zəntl huk]

右斜步 right oblique step [rait əb'li:k step]

防右 right (side) defence [rait (said) di'fens]

防右还击法 right-side defence riposte methods

[rait-said di'fens ri'poust 'meθədz]

右闪步 right sidestep [rait 'saidstep]

后跳步还击 riposte while jumping backward

[ri'poust hwail 'dʌmpɪŋ 'bækwəd]

回合, 局 round [raund]

以膝撞裆 sack opponent with knee

[sæk ə'pounənt wið ni:]

沙袋 sandbag ['sændbæg]

抱腿防 seize leg in defence ['si:z leg in di'fens]

抓住进攻时机 seize the opportunity (to attack)

['si:z ði: ɒpə'tju:niti (tu ə'tæk)]

连击 serial blows ['siəriəl blouz]

护腿 shin guard ['ʃin gɑ:d]

近距离 short distance [ʃɔ:t 'distəns]

以肩阻挡 shoulder block ['ʃouldə blɒk]

肩摔 (shoulder) flip ['ʃouldə flip]

肩摔 shoulder throw ['ʃouldə θrou]

顺势端 side sole kick according to opponent's posture

[said soul kik ə'kɑ:diŋ tu ə'pounənts 'pɒstʃə]

端防 side sole kick in defence [said soul kik in di'fens]

向旁闪躲 (侧击) side-stepping [said-'stepɪŋ]

侧击 side striking [said 'straɪkɪŋ]

闪步 sidestep ['saɪdstep]

简单进攻 simple attack ['sɪmpl ə'tæk]

简单防守 simple parry ['sɪmpl 'æri]

简单还击 simple return ['sɪmpl rɪ'tɜ:n]

简单还击 simple riposte ['sɪmpl ri'pəʊst]

同时动作 simultaneous action [ˌsɪməl'teɪnjəs 'ækʃən]

同时进攻 simultaneous attack [ˌsɪməl'teɪnjəs ə'tæk]

互击 simultaneous exchange of blows

[ˌsɪməl'teɪnjəs ɪks tʃeɪndʒ əv blouz]

互中 simultaneous hit [ˌsɪməl'teɪnjəs hit]

互中 simultaneous touch [ˌsɪməl'teɪnjəs tʌtʃ]

过桥摔 sit-back [sit-bæk]

抱肩颈过桥摔 sit-back with head-lock
[sit-bæk wið hed-lɒk]

处于反关节状态 situation in which joint is bent backwards
[ˌsitʃu'eɪʃən in hwɪtʃ dʒɔɪnt ɪz bent 'bækwədz]

回挂防 sliding backward block in defence
[ˈslaɪdɪŋ 'bækwəd blɒk in di'fens]

滑脱, 闪开 slip (out away) [slip (aʊt ə'wei)]

原位防守 stationary defence [ˈsteɪʃənəri di'fens]

上步防守 step forward in defence [step 'fɔ:wəd in di'fens]

上步及时 step forward in time [step 'fɔ:wəd in taɪm]

身体贴靠对方 stick to opponent [stɪk tu ə'pəʊnənt]

直拳 straight blow [streɪt bləʊ]

左直拳 straight left [streɪt left]

左直拳 straight left blow [streɪt left bləʊ]

直拳 straight punch [streɪt pʌntʃ]

右直拳 straight right [streɪt raɪt]

右直拳 straight right blow [streɪt raɪt bləʊ]

蹬腿防 straighten leg in defence

[ˈstreɪtn leg in di'fens]

卡脖子 strangle hold [ˈstræŋgl həʊld]

左右连续攻击 strike with left fist and right fist in quick
succession [straɪk wið left fist ænd raɪt fist ɪn
kwɪk sək'seʃən]

顺势 superior position [sju(:)'piəriə pə'zɪʃən]

战术 tactics ['tæktiks]

战术意识 tactics awareness ['tæktiks ə'wæənɪs]

跟进 tail [teɪl]

左闪步防守 take left sidestep in defence

[teɪk left 'saɪdstep in dɪ'fens]

闪步 take sidesteps [teɪk 'saɪdsteps]

乘机 take the opportunity [teɪk ði: ˌɒpə'tju:nɪti]

有效部位, 目标 target ['tɑ:ɡɪt]

有效部位, 可击面积 target areas ['tɑ:ɡɪt 'æəriəz]

进攻目标 target of attack ['tɑ:ɡɪt əv ə'tæk]

摔倒 throw down [θrou daʊn]

将对方摔倒 throw opponent to the ground

[θrou ə'pəʊnənt tu ðə graʊnd]

摔法 throwing method ['θrouɪŋ 'meθəd]

重击 thump [θʌmp]

防守及时 timely defence ['taɪmli dɪ'fens]

上步及时 timely forward step ['taɪmli 'fɔ:wəd step]

向后拌摔 topple over backwards ['tɒpl 'əʊvə 'bækwədz]

练习袋 training bag ['treɪnɪŋ bæɡ]

三角步 triangle-step ['traɪæŋɡl-step]

向后绊摔 trip from behind [trip-frəm bi'haind]

转体蹬腿防守 turn body and straighten leg in defence

[tɜ:n 'bɒdi ænd 'streɪtn leg in dɪ'fens]

闪身防守 turn body in defence [tɜ:n 'bɒdi in dɪ'fens]

左转身右摆腿 turn body to the left and kick outside
with right leg [tɜ:n 'bɒdi tu ðə left ænd kɪk 'aʊtsaɪd]

wis rait leg]

反擒腕 twist backward and hold wrist

[twist 'bækwəd ænd hould rist]

别臂 twisting hammerlock ['twistiŋ 'hæmələk]

丧失防守能力 unable to defend oneself

['ʌn'eibl tu di'fend wʌn'self]

防上 upper defence ['ʌpə di'fens]

上勾拳 upper hook fist ['ʌpə huk fist]

防左上 upper left defence ['ʌpə left di'fens]

防右上 upper right defence ['ʌpə rait di'fens]

上勾拳 uppercut fist ['ʌpəkʌt fist]

防上还击法 upward defence riposte methods

['ʌpwəd di'fens ri'poust 'meθədz]

向上格挡 upward parry ['ʌpwəd 'pæri]

挂防 upward parry in defence ['ʌpwəd 'pæri in de'fens]

击中有效 valid hit ['vælid hit]

先锋拳 vanguard blow ['væŋgə:d blou]

战术变化 variation of tactics [,væri'eɪʃən əv 'tæktiks]

抱腰摔 waist-hold throw [waɪst-hould θrou]

招架 ward off [wɔ:d ə(:)f]

弱点, 薄弱部位 weak point [wi:k point]

摔法 wrestling holds ['resliŋ houldz]

护腕 wrist band [rist bænd]

抓腕 wrist-hold [rist-hould]

短兵 (Short Weapon)

侧闪劈臂 chop at arm with sidestep

[tʃɒp æt ɑ:m wið 'saɪdstep]

劈胸 chop at chest [tʃɒp æt tʃest]

劈面 chop at face [tʃɒp æt feɪs]

劈头 chop (at) head [tʃɒp (æt) hed]

劈腕 chop at wrist [tʃɒp æt rɪst]

截腕 cross-cut at wrist [kros-kʌt æt rɪst]

直接劈 direct chop [di'rekt tʃɒp]

直接刺 direct thrust [di'rekt θrʌst]

下劈 downward chop [daʊnwəd tʃɒp]

弓步下砍 downward chop in bow step

[daʊnwəd tʃɒp ɪn bu step]

正面刺胸 forward thrust to chest

[frʌnt θrʌst tu tʃest]

弓步平斩 horizontal slice in bow step

[hɒri'zəntl slais ɪn bu step]

斩胸 horizontal slice at chest [hɒri'zəntl slais æt

tʃest]

斩头 horizontal slice at head

[hɒri'zəntl slais æt hed]

后跳下劈 jump backward and chop downward

[dʒʌmp 'bækwəd ænd tʃɒp 'daʊnwəd]

后跳抡劈 jump backward, spin weapon and chop

[dʒʌmp 'bækwəd, spin 'wepən ænd tʃɒp]

跳起下劈 jump up and chop downward

[dʒʌmp ʌp ænd tʃɒp 'daunwəd]

提膝下劈 lift knee and chop downward

[lift ni: ænd tʃɒp 'daunwəd]

提膝前劈 lift knee and chop forward

[lift ni: ænd tʃɒp 'fə:wəd]

提膝刺头 lift knee and stab head [lift ni: ænd stæb hed]

斜刺 oblique thrust [ə'bli:k θrʌst]

弓步推刺 push and thrust in bow step

[puʃ ænd θrʌst in bou step]

弓步左推前劈 push to the left and chop forward in

bow step [puʃ tu ðə left ænd tʃɒp 'fə:wəd in bou step]

弓步右推前劈 push to the right and chop forward

in bow step [puʃ tu ðə rait ænd tʃɒp 'fə:wəd in bou step]

还击，回刺 riposte [ri'poust]

短兵格斗 short weapon combat [ʃɔ:t 'wepən 'kəmbət]

侧劈... side chop with [said tʃɒp wið...]

弓步点（刺）腕 stab wrist in bow step

[stæb rist in bou step]

上步劈头 step forward and chop to head

[step 'fə:wəd ænd tʃɒp tu hed]

直刺 straight thrust [streit θrʌst]

弓步直刺 straight thrust in bow step

['streit θrʌst in bou step]

弓步架劈 upward parry followed by downward chop
in bow step [ˈʌpwəd ˈpæri ˈfəʊld baɪ ˈdaʊnwəd
tʃɒp in bow step]

(三) 推手 (Push-Hand)

搭手 cross forearms [krɒs ˈfəʊrɑ:mz]

将劲 deflecting force [dɪfˈlektɪŋ fɔ:s]

将式 deflecting form [dɪfˈlektɪŋ fɔ:m]

定步双推手 double-handed exercises in fixed steps
[ˈdʌbl-ˈhændɪd ˈeksəsaɪzɪz ɪn fɪkst steps]

“画圈子” (又称“搭四手”) “drawing circles”
[ˈdrəʊɪŋ ˈsə:klz]

定步练习 exercises in fixed steps [ˈeksəsaɪzɪz ɪn fɪkst
steps]

活步 free moving steps [fri: ˈmu:vɪŋ steps]

以横破道 horizontal force can break vertical force
[hɒriˈzɒntl fɔ:s kæn breɪk ˈvɜ:tɪkəl fɔ:s]

大捋 large deflecting movements with moving steps
[lɑ:dʒ dɪfˈlektɪŋ ˈmu:vmənts wɪð ˈmu:vɪŋ steps]

含劲 latent force [ˈleɪtənt fɔ:s]

靠劲 leaning force [ˈli:nɪŋ fɔ:s]

不丢不顶 neither separate nor make forcible contact
[ˈnaɪðə ˈseperɪt nə meɪk ˈfɔ:səbl ˈkɒntækt]

化解 neutralize [ˈnju:trəlaɪz]

使对方的力点落空 neutralize opponent's force point
[ˈnju:trəlaɪz əˈpounənts fɔ:s pɔɪnt]

化劲 neutralizing force ['nju:trəlaizɪŋ fə:s]

来劲 oncoming force [ɔn'kʌmɪŋ fə:s]

推按 push and press [puʃ ænd pres]

推手练习 push-hand exercises [puʃ-hænd eksəsaizɪz]

活步推手 push-hand exercises with free moving steps
[puʃ-hænd 'eksəsaizɪz wið fri: 'mu:viŋ steps]

挤劲 pushing force ['puʃɪŋ fə:s]

挤式 pushing form ['puʃɪŋ fə:m]

按劲 pressing force ['presɪŋ fə:s]

按式 pressing form ['presɪŋ fə:m]

单推手练习 single-handed exercises ['singl-'hændɪd
'eksəsaizɪz]

沾粘连随 stick to each other without being separated
[stɪk tu i:tʃ 'ʌðə wiðaut 'bi:ɪŋ 'sepəreɪtɪd]

粘劲 sticking force ['stɪkɪŋ fə:s]

棚劲 with force neither too weak nor too strong
[wið fə:s 'naɪðə tu: wɪ:k nə: tu: strɒŋ]

进三退三 three steps forward and three steps backward
[θri: steps 'fə:wəd ænd θri: steps 'bækwəd]

进三退二 three steps forward and two steps backward
[θri: steps 'fə:wəd ænd tu: steps 'bækwəd]

转腰化解 turn waist to neutralize
[tə:n weɪst tɹ 'nju:trəlaɪz]

走劲 walking force [wə:kɪŋ fə:s]

棚劲 warding-off force ['wə:ɪŋ-ɔ(:)f fə:s]

棚式 warding off form ['wə:ɪŋ ɔ(:)f fə:m]

六、教学与训练 (Teaching and Training)

腹式呼吸法 abdominal breathing exercise

[əb'dəminl 'bri:ðɪŋ 'eksəsaɪz]

积柔成刚 accumulated softness becomes hardness

[ə'kju:mjuleitɪd 'sɒftnɪs bi'kʌmz 'hɑ:dnɪs]

清晰准确 accurate and clear ['ækjʊrɪt ænd kliə]

快速准确 accurate and quick ['ækjʊrɪt ænd kwɪk]

以小制大 achieve maximum result with minimum

effort [ə'tʃi:v 'mæksɪmən rɪ'zʌlt wið 'mɪnɪmən
'efət]

空中动作 action-in-the-air ['æksən-in-ði:-əə]

灵活多变 active and diverse ['æktɪv ænd daɪ'və:s]

有氧训练 aerobic training ['ɛərəʊbɪk 'treɪnɪŋ]

反复地 again and again [ə'geɪn ænd ə'geɪn]

灵活多变 agile and changeable ['ædʒaɪl ænd 'tʃeɪndʒəbl̩]

全面训练 all-round training [ɔ:l-raʊnd 'treɪnɪŋ]

左右转换 alternating left and right

[ɔ:l'tə:nɪtɪŋ left ænd raɪt]

变换训练 alternating training [ɔ:l'tə:nɪtɪŋ 'treɪnɪŋ]

雄鹰待兔 An Eagle Waiting for a Rabbit

[æn 'i:gl 'weɪtɪŋ fɔ: ə 'ræbɪt]

无氧训练 anaerobic training [ə,neɪə'rɒbɪk 'treɪnɪŋ]

勾脚尖 ankle joint flexed ['æŋkl dʒɔɪnt 'flekst]

发劲适当 apply an appropriate force

[ə'plai æn ə'prɒprieɪt fɔ:s]

用劲, 发力 apply force [ə'plai fɔ:s]

运动如抽丝, 迈步似猫行 apply power as if drawing silk from a cocoon, and walk the steps of a cat.

[ə'plai 'paʊə əz-ɪf 'drɔ:ɪŋ silk frəm ə kə'ku:n, ænd wɔ:k ðə steps əv ə kæt]

劲力顺达 apply power smoothly [ə'plai 'paʊə 'smu:ðli]

塌腰 arch lower back [a:tʃ laʊə bæk]

转腕旋膀 arm circling and wrist rotation

[ɑ:m 'sɜ:kliŋ ænd rɪst rou'teɪʃən]

臂力 arm power [ɑ:m 'paʊə]

双手叉腰 arms akimbo [ɑ:mz ə'kimbəʊ]

手臂圆活 arms circles move in flowing

[ɑ:mz 'sɜ:klz mu:v ɪn 'flaʊɪŋ]

与...同高 as high as... [əz haɪ əz...]

与肩同高 as high as shoulder [əz haɪ əz 'ʃouldə]

与眼平 at eye level [ət aɪ 'levl]

与鼻平 at nose level [ət nəʊz 'levl]

同时 at the same time [ət ðə seɪm taɪm]

辅助练习 auxiliary exercise [ə:g'zɪljəri 'eksəsaɪz]

意识训练 awareness training [ə'weənɪs 'treɪnɪŋ]

运动轴 axis of movement ['æksɪs əv 'mu:vmənt]

弓背 back arched [bæk 'ɑ:tʃɪd]

拔(直)背 back straight [bæk streɪt]

向后摆动 back swing [bæk swɪŋ]

平衡练习 balance exercise ['bæləns 'eksəsaiz]

徒手 bare hands [bəə hændz]

空手对... bare-handed fight against...

[bəə'hændid fait ə'geinst...]

徒手练习 barehand exercise ['bəəhænd 'eksəsaiz]

空手夺 barehanded against...

['bəəhændid ə'geinst...]

根节 base-section [beis-'sekʃən]

基本功练习 basics exercise ['beisiks 'eksəsaiz]

基本拳法 basic fist techniques ['beisik fist tek'ni:ks]

基本步法 basic footwork ['beisik 'futwə:k]

基本动作 basic movement ['beisik 'mu:vmənt]

基本姿势 basic posture ['beisik 'pəstʃə]

基本步型 basic stances ['beisik 'stænsis]

基本技法 basic technique ['beisik tek'ni:k]

基本理论 basic theory ['beisik 'θiəri]

挺腹 belly out ['beli aut]

收腹 belly pulled in ['beli puld in]

屈肘 bend elbow [bend 'elbou]

俯身 bend forward [bend 'fə:wəd]

反关节 bend joint backwards [bend dʒɔɪnt 'bækwədʒ]

屈膝 bend knee [bend ni:]

屈膝微蹲 bend knees slightly [bend ni:z 'slaitli]

弓腿 bend leg [bend leg]

上体前俯 bend trunk forward [bend trʌŋk 'fə:wəd]

气 biological energy [,baɪə'lədʒɪkəl 'enədʒi]

身械合一 body and weapon become one

[ˈbɒdi ænd ˈwepən biˈkʌm wʌn]

身械不协调 body and weapon not to coordinate

[ˈbɒdi ænd ˈwepən nɒt tu kʊəˈɔːdɪnɪt]

身体平衡 body balance [ˈbɒdi ˈbæləns]

身体素质 (body) fitness [(ˈbɒdi) ˈfɪtnɪs]

身型 body form [ˈbɒdiː fɔːm]

身体竖直 body erect [ˈbɒdi ɪˈrekt]

身似弓 body like a bow [ˈbɒdi laɪk ə ˌbaʊ]

身法 body technique [ˈbɒdi tekˈniːk]

团身 (body) tuck [ˈbɒdi tʌk]

身法 body work [ˈbɒdi wɜːk]

借力发力 borrow rival's force and use it against him

[ˈbɒrou ˈraɪvəlz fɔːs ænd juːs ɪt əˈgeɪnst hɪm]

双拳密如雨 both fists hitting like rain

[bəʊð fɪsts ˈhɪtɪŋ laɪk reɪn]

脆快一挂鞭 both fists hitting like a string of firecrackers

[bəʊð fɪsts ˈhɪtɪŋ laɪk ə strɪŋ əv ˈfaɪəˈkrækəz]

刚柔相济 both hard and soft [bəʊð hɑːd ænd səft]

双手如抱球 both hands as if embracing a ball

[bəʊð hændz əz ɪf ɪmˈbreɪsɪŋ ə bɔːl]

勇猛快速 brave and swift [breɪv ænd swɪft]

拳势呼吸 breathing following movement [ˈbriːðɪŋ

ˈfɒləʊɪŋ ˈmuːvmənt]

呼吸节奏 breathing rhythm [ˈbriːθɪŋ ˈrɪðəm]

刀如猛虎 broadswordplay like a fierce tiger

[ˈbrɔ:dsə:dplei laik ə fiəs. ˈtaigə]

收臀 buttocks in [ˈbʌtəks in]

蹶臀 buttocks raised [ˈbʌtəks reizd]

抓握 catch [kætʃ]

顺势 cede [si:d]

顺带 ceding parry [ˈsi:diŋ ˈpəri]

身体重心 centre of balance [ˈsentə əv ˈbæləns]

重心 centre of gravity [ˈsentə əv ˈgreiviti]

换气 change breath [tʃeindʒ breθ]

改变劲力方向 change direction of force

[tʃeindʒ diˈrekʃən əv fə:s]

转换方法 changeover method [ˈtʃein lɜ ˈouvə ˈmeθəd]

掌法变换 changing plam technique

[ˈtʃeindʒiŋ pə:m tekˈni:k]

挺胸 chest out [tʃest aut]

挺胸 chest (thrust) out [tʃest (θrʌst) aut]

挺胸立腰 chest (thrust) out and waist erect

[tʃest (θrʌst) aut ænd wist iˈrekt]

下颏微收 chin dropped slightly [tʃinˈdrɒpt ˈslaitli]

下颏内收 chin (tucked) in [tʃin (ˈtʌkt) in]

左(右)手划弧 circle left (right) arm [ˈsə:kl left
(rait) ə:m]

向上划弧 circle up [ˈsə:kl ʌp]

循环训练 circuit training [ˈsə:kit ˈtreiniŋ]

圆形动作, 走弧线 circular movement [ˈsə:kjʊlə
ˈmu:vmənt]

干净利索的 clean [kli:n]

干净利索 clean and sharp [kli:n ænd ʃɑ:p]

清脆, 清晰 clear [kliə]

握紧(拳头), 咬紧(牙关) clench [klentʃ]

握拳 clench fist [klentʃ fist]

攥紧拳头 clench fist tightly [klentʃ fist 'taɪtli]

收势 closing form [ˈkluoziŋ fɔ:m]

格斗术 combat skill [ˈkɒmbət skil]

动作组合练习 combination exercises

[ˌkɒmbiˈneiʃən ˈeksəsaɪzɪz]

动作组合 combination movements

[ˌkɒmbiˈneiʃən ˈmu:vmənts]

内外结合 combine internal and external

[kemˈbaɪn ɪnˈtə:nəl ænd ɛksˈtə:nəl]

神形兼备 combine mind and body [kemˈbaɪn maɪnd
ænd ˈbɒdi]

动静结合 combine movement and stillness

[kemˈbaɪn ˈmu:vmənt ænd ˈstɪlnəs]

合力 combined force [kemˈbaɪnd fɔ:s]

综合训练 combined training [kemˈbaɪnd ˈtreɪnɪŋ]

起势 commencing form [kəˈmensɪŋ fɔ:m]

易犯错误 common error [ˈkɒmən ˈerə]

同时完成 complete at the same time

[kəmˈpli:t ət ðə seɪm taɪm]

完全放松 completely relaxed [kəmˈpli:tli rɪˈlækt]

使肌肉完全放松 completely relax one's muscles

[kəm'pli:tli ri'læks wʌnz 'mʌslz]

镇静 composure [kəm'pouzə]

精神集中, 全神贯注 concentrate ['kənsentreit]

力达掌根 concentrate force at base of palm
['kənsentreit fɔ:s æt beɪs əv pɑ:m]

力达脚尖 concentrate force at toes
['kənsentreit fɔ:s æt tu:z]

集中注意力 concentrate (one's) attention
['kənsentreit (wʌnz) ə'tenʃən]

力达…部位 concentrate power at...
['kənsentreit 'paʊə æt...]

精神集中, 全神贯注 concentration [,kənsen'treɪʃən]

实战观念 concept of actual combat ['kənsəpt əv
'æktjəl 'kəmbət]

步法错乱 confused footwork [kən'fju:zd 'fʊtwə:k]

有意识的 conscious ['kənsjuəs]

连续动作 consecutive movement [kən'sekjutiv
'mu:vmənt]

变化多端 (指方向) constant changes of direction
['kɒnstənt tʃeɪndʒɪz əv di'rekʃən]

套路内容 content of routine ['kɒntent əv ru:'ti:n]

继续 continue [kən'tɪnju(:)]

承上势 continuing from previous movement
[kən'tɪnju:ɪŋ frəm 'pri:vjəs 'mu:vmənt]

快速连贯 continuous and quick
[kən'tɪnjuəs ænd kwɪk]

姿势正确 correct posture [ə'rekt 'pɒstʃə]

交叉 cross [krɒs]

前臂斜交叉 cross forearms diagonally

[krɒs 'fə:ɹɑ:mz dai'ægənli]

下蹲 crouch [kraʊtʃ]

棍似疯魔 cudgelpay like a crazed spirit

['kʌdʒəlplei laik ə 'kreizd 'spirit]

划弧 curved [kə:vd]

臂部呈弧形 curved arm [kə:vd ɑ:m]

自然深呼吸 deep and natural breathing

[di:p ænd 'nætʃərəl 'bri:ðɪŋ]

深呼吸 deep breathing [di:p 'bri:ðɪŋ]

捋 deflecting movement [di'flektiŋ 'mu:vmənt]

示范 demonstrate ['demənstreit]

动作示范 demonstration of the movement

[,deməns'treɪʃən əv ðə 'mu:vmənt]

划圆 describe a circle [dis'kraɪb ə 'sə:kl]

风格不同 different in style ['dɪfərənt in stail]

不同风格 different styles ['dɪfərənt staɪz]

独具特色 distinctive feature [dis'tɪŋktɪv 'fi:tʃə]

鱼跃 dive like a fish [daɪv laik ə fɪʃ]

拳法多变 diverse fist techniques [daɪ'və:s fɪst tek'ni:ks]

如此反复，轮换做 do this repeatedly and alternately

[du: ðis ri'pi:tɪdli ænd ə:l'tə:nɪtli]

双臂绕环 double arms circle ['dʌbl ɑ:mz 'sə:kl]

双手抓握 double grip ['dʌbl grɪp]

后退抽回 draw back [drə: bæk]

含胸 draw chest in [drə: tʃest in]

收胯 draw hips in [drə: hips in]

收腹 draw in belly [drə: in 'beli]

左(右)拳收回腰际 draw left (right) fist back to hip
[drə: left (rait) fist bæk tu hip]

后腿蹬地 drive with rear leg [draiv wið riə leg]

沉胯 drop hips [drəp hips]

垂肘, 坠肘 drop elbow [drəp 'elbou]

沉肩 drop shoulders [drəp 'ʃouldəz]

沉肩坠肘 drop shoulders and elbows

[drəp 'ʃouldəz ænd 'elbouz]

塌腰 drop waist [drəp weist]

似醉非醉 drunk in appearance but not in truth
[drʌŋk in ə'piərəns bʌt nɒt in tru:θ]

动静疾徐 dynamic and static, fast and slow

[dai'næmik ænd 'stætik, fɑ:st ænd slou]

动作自如 ease of movement [i:z əv 'mu:vmənt]

八法 eight techniques [eit tek'ni:ks]

屈肘 elbow bent ['ebou bent]

垂肘 elbow down ['elbou daun]

抬肘 elbow out ['elbou aut]

肘微屈 elbow slightly bent ['elbou 'slaitli bent]

单个动作 element (of movement) ['elimənt (əv
'mu:vmənt)]

耐力训练 endurance training [in'djuərəns 'treinin]

能量消耗 energy consumption [ˈenədʒi kənˈsʌmpʃən]

内气 energy stream [ˈenədʒi stri:m]

气沉丹田 energy stream flows to “dantian”
[ˈenədʒi stri:m fləʊz tu “dantian”]

基础练习, 基本功练习 essential exercise
[iˈsenʃəl ˈeksəsaɪz]

行进间练习 exercise in locomotion
[ˈeksəsaɪz in ˌləʊkəˈməʊʃən]

用力 exert force [ɪgˈzɜ:t fɔ:s]

用力呼气 exhale forcefully [eksˈheɪl ˈfɔ:sfʊli]

讲解 explain [ɪkspˈleɪn]

讲解与示范 explain and demonstrate
[ɪksˈpleɪn ænd ˈdemənstreɪt]

爆发式呼吸 explosive breathing [ɪksˈpləʊsɪv ˈbri:ðɪŋ]

寸劲, 爆发力 explosive force [ɪksˈpləʊsɪv fɔ:s]

顺肩 extend shoulder (forward) [ɪksˈtend ˈʃouldə
(ˈfɔ:wəd)]

广泛训练 extensive training [ɪksˈtensɪv ˈtreɪnɪŋ]

外三合 external three conformities [eksˈtə:nl θri:
kənˈfɔ:mitis]

多余动作 extra movement [ˈekstrə ˈmu:vmənt]

眼法 eye technique [aɪ tekˈni:k]

眼法 eye work [aɪ wɜ:k]

眼睛随视双掌 eyes follow both palms
[aɪz ˈfələʊ bəʊθ pɑ:mz]

眼随剑走 eyes follow sword [aɪz ˈfələʊ sɔ:d]

眼似闪电 eyes like lightening [aiz laik 'laitniŋ]

目视 eyes look at... [aiz luk ət...]

眼向前平视 eyes look straight forward

[aiz luk streit 'fə:wəd]

眼看...方向 eyes look to [aiz luk tu...]

面对面 face to face [feis tu feis]

面对面 facing each other ['feisiŋ i:tʃ 'ʌðə]

动作感觉 feel of the movement [fi:l əv ðə 'mu:vmənt]

两脚平行开立 feet apart and parallel

[fi:t ə'pa:t ænd 'pærəlel]

两脚分开与肩同宽 feet shoulder-width apart

[fi:t 'ʃouldə-widθ ə'pa:t]

声东击西 feint to the east and punch from the west

[feint tu ði: i:st ænd pʌntʃ frəm ðə west]

猛虎下山 ferocious tiger races down the mountain

[fə'rouʃəs 'taigə 'reɪsɪz daʊn ðə 'maʊntɪn]

想象性格斗对练 fight against an imaginary opponent

[faɪt ə'geɪnst ən i'mædʒɪnəri ə'pəʊnənt]

短兵相接 fight hand to hand [faɪt hænd tu hænd]

指法 finger technique ['fɪŋgə tek'ni:k]

指法 finger work ['fɪŋgə wə:k]

同时完成 finish at the same time

[ˈfɪnɪʃ ət ðə seɪm taɪm]

收式 finishing form ['fɪnɪʃɪŋ fɔ:m]

沉稳 firm [fɔ:m]

刚健沉稳 firm and stable [fɔ:m ænd 'steɪbl]

拳和肩在一条直线上 fist and shoulder in a straight
line [fɪst ænd 'ʃouldə in ə streɪt laɪn]

握拳姿势 fist form [fɪst fɔ:m]

徒手练习 fistfighting exercise ['fɪstfaɪtɪŋ 'eksəsaɪz]

拳似流星 fists hitting like meteors

[fɪsts 'hɪtɪŋ laɪk 'mi:tjəz]

固定方法 fixed method [fɪkst 'meθəd]

定势 fixed position [fɪkst pə'zɪʃn]

措手不及 flat-footed [flæt-'fʊtɪd]

勾脚 flex foot [fleks fʊt]

身灵步轻 flexible body and light and footwork

[fleksəbl 'bɒdi ænd laɪt ænd 'fʊtwɜ:k]

下肢灵活 flexible leg [fleksəbl leg]

身灵步活 flexible swift body and footwork

[fleksəbl swɪft 'bɒdi ænd 'fʊtwɜ:k]

上浮 float up [flaʊt ʌp]

地趟技法 floor-skill [flɔ: skɪl]

动作绵绵不断 flowing movement ['flaʊɪŋ 'mu:mənt]

动作流畅 fluid movements ['flu(:)ɪd 'mu:vmənts]

力点 focus of power ['foukəs əv 'paʊə]

折如弓 fold like a bow [fould laɪk ə baʊ]

跟我做 follow me ['fəlaʊ mi:]

脚内扣 foot turned inward [fʊt tɜ:nd 'ɪnwəd]

脚外展 foot turned outward [fʊt tɜ:nd 'aʊtwəd]

重如铁 force heavy like iron [fɔ:s 'hevi laɪk 'aɪən]

力达…部位 force is focussed at... [fɔ:s ɪz 'foukəst]

et...]

惯性力 force of inertia [fə:s əv i'nə:ʃjə]

力从背发，通于肩、肘、达于手 force originates in
back flows through shoulders and elbows and
reaches hands [fə:s ə'ridʒineits in bæk fləʊz θru:
'ʃouldəz ænd 'elbəʊz ænd 'ri:tʃiz hændz]

力点 force point [fə:s pɔɪnt]

刚劲有力的 forceful ['fə:sfʊl]

准确有力 forceful and accurate ['fə:sfʊl ænd 'ækjʊrɪt]

散手练习 free-hand exercise [fri:-hænd 'eksəsaɪz]

由松入柔 from relaxation to softness

[frəm ,ri:læk'seɪʃən tu 'sɒftnis]

由简列繁 from simple to complicated

[frɔ: 'sɪmpl tu 'kɒmpleikeɪtɪd]

全蹲 full squat [fʊl skwɒt]

四击 four blows [fɔ: bləʊz]

四击 four strikes [fɔ: straɪks]

充分伸展 fully extended ['fʊli ɪks'tendɪd]

基本站立姿势 fundamental stance [ˌfʌndə'mentl
stæns]

一般素质训练 general fitness training

['dʒenərəl 'fɪtnɪs 'treɪnɪŋ]

上肢松柔 gentle arm ['dʒentl ɑ:m]

足趾抓地 grasping the ground with toes

['grɑ:spɪŋ ðə graʊnd wɪð təʊz]

集体练习 group exercise [gru:p 'eksəsaɪz]

半蹲 half squat [hɑ:f skwət]

手型手法练习 hand form and hand technique exercise

[hænd fɔ:m ænd hænd tek'ni:k 'eksəsaiz]

手似箭 hands like arrows [hændz laik 'ærouz]

手似鹰爪 hands like eagle's talons

[hændz laik 'i:glz 'tælənz]

双手叉腰 hands on hips [hændz ɒn hips]

手似两扇门，全凭腿打人 hands protecting oneself

like two doors, relying entirely on one's leg to

beat the opponent [hændz prə'tektiŋ wʌn'self

laik tu: dɔ:z, ri'laiŋ in'taiəli ɒn wʌnz leg tu bi:t

ði: ə'pounənt]

刚柔相济 hardness and softness moving in harmony

[hɑ:dnis ænd 'sɒftnis 'mu:viŋ in 'hɑ:məni]

刚柔虚实 hardness and softness, solidity and emptiness

[hɑ:dnis ænd 'sɒftnis, sə'liditi ænd 'emptinis]

协调连贯 harmonious and smooth

[hɑ:'mounjəs ænd smu:ð]

内外协调 harmony of inside and outside

[hɑ:məni əv 'insaid ænd 'autsaid]

动作协调 harmony of movement [hɑ:məni əv

'mu:vment]

头正直 head erect [hed i'rekt]

头正直 head straight [hed 'streit]

头正直 head upright [hed 'ʌpraɪt]

大运动量训练法 heavy training load method

[ˈhevi ˈtreiniŋ laʊd ˈmeθəd]

大运动量训练阶段 heavy training load phase

[ˈhevi ˈtreiniŋ laʊd feɪz]

拔跟 heel raised [hi:l reɪzd]

后脚拔跟 heel of rear foot off floor

[hi:l əv riə fut ɔ:(r) f flɔ:]

提踵 heel-up [hi:l-ʌp]

脚跟外蹬 heels outward [hi:lz autwəd]

脚跟外蹬 heels pushed out [hi:lz ˈpuʃt aut]

收髋 hips in [hips in]

落臀, 沉髋 hips lowered [hips ˈləʊəd]

送髋 hips pushed forward [hips ˈpuʃt ˈfɔ:wəd]

松胯 hips relaxed [hips riˈlækst]

挺髋 hips thrust out [hips θrʌst aut]

打击力量 hitting power [hitiŋ ˈpaʊə]

松握 hold loosely [ˈhould ˈlu:slɪ]

抓住…不放 hold on to [hould ɒn tu]

收腹 hold stomach in [hould ˈstʌmək in]

重心保持在右(左)脚 hold weight on right (left)

foot [hould weɪt ɒn raɪt (left) fut]

勾脚尖 hook foot [huk fut]

钩走浪式 hook moving like waves [huk ˈmu:vɪŋ laɪk weɪvz]

勾尖向上 hook pointing up [huk ˈpɔɪntɪŋ ʌp]

平圆 horizontal circle [ˌhɒriˈzɒntl ˈsə:kl]

水平力 horizontal force [ˌhɒriˈzɒntl fɔ:s]

斩 horizontal slice [ˌhəriˈzəntl slais]

任他巨力来打我，牵动四两拨千斤 however powerful
a strike, it can be held off with just a tip of the
finger [hauˈevə ˈpaʊəfʊl ə straɪk, ɪt tʌn biː held
ə(:)f wið dʒʌst ə tip əv ðə ˈfɪŋɡə]

动急则急应，动缓则缓随 if opponent attacks quickly
you should react quickly, if slowly then follow
him slowly [ɪf əˈpəʊnənt əˈtæks ˈkwɪkli juː fɒləʊ
hɪm sləʊli ɪf əˈpəʊnənt əˈtæks ˈkwɪkli juː fɒləʊ
hɪm sləʊli]

要领，要点 (important) points [(imˈpɔːtənt) pɔɪnts]

气势 imposing manner [ˈɪmpəʊzɪŋ ˈmænə]

处于低（高）姿势 in a low (high) position

[ɪn ə laʊ (haɪ) pəˈzɪʃən]

呈弧形 in an arc [ɪn ən ɑːk]

腾空，处于腾空状态 in flight [ɪn flaɪt]

在…前面 in front of [ɪn frʌnt əv]

在…体前 in front of body [ɪnː frʌnt əv ˈbɒdi]

和…一致，与…在一直线上 in line with [ɪn laɪn wið]

竞技状态好 in good condition [ɪn gud kənˈdɪʃən]

处于仰卧状态 in supine position [ɪn sjuːˈpaɪn pəˈzɪʃən]

寸劲 inch force [ɪntʃ ˈfɔːs]

转体不充分 incomplete body turn [ˌɪnkəmˈpliːt
ˈbɒdi tɜːn]

个别辅导 individual coaching [ˌɪndɪˈvɪdʒuəl ˈkəʊtʃɪŋ]

内力 inner power [ˈɪnə ˈpaʊə]

内侧 inner side [ˈɪnə saɪd]

- 教法 instruction methods [in'strʌkʃən 'meθədz]
- 教材 instructional materials [in'strʌkʃənəl mə'tiəriəlz]
- 肘与膝合 integration of elbows and knees [inti'greɪʃən
əv 'elbəʊz ænd ni:z]
- 手与脚合 integration of hands and feet
[inti'greɪʃən əv hændz ænd i:t]
- 心与意合 integration of mind and will
[inti'greɪʃən əv maind ænd wil]
- 肩与髋合 integration of shoulders and hips
[inti'greɪʃən əv 'ʃouldəz ænd hips]
- 气与力合 integration of vital energy and strength
[inti'greɪʃən əv 'vaɪtl 'enədʒi ænd strenθ]
- 意与气合 integration of will and vital energy
[inti'greɪʃən əv wil ænd 'vaɪtl 'enədʒi]
- 全神贯注 intense concentration
[in'tens ,kənsən'treɪʃən]
- 强化训练 (大强训练) intensive training
[in'tensɪv 'treɪnɪŋ]
- 内三合 internal three conformities
[in'tə:nl θri: kən'fɔ:mɪtɪz]
- 间歇训练 interval training ['ɪntəvəl 'treɪnɪŋ]
- 关节松开 joint open [dʒɔɪnt 'əʊpən]
- 弹跳力 jumping ability ['dʒʌmpɪŋ ə'bɪlɪti]
- 跳跃动作练习 jumping movement exercise
['dʒʌmpɪŋ 'mu:vmənt 'eksəsaɪz]
- 保持身体平衡 keep (body) balance

[ki:p (bədi) 'bæləns]

收臀 keep buttocks in [ki:p 'bʌtəks in]

收臀 keep buttocks tucked in [ki:p 'bʌtəks 'tʌkt in]

保持稳定姿势 keep stable position [ki:p 'steibl pə'ziʃən]

保持不动 keep stationary [ki:p 'steiʃənəri]

要领 key points [ki: pɔɪnts]

动作要领 key to the movement [ki: tu ðə 'mu:vmənt]

上踢 kick up [kik ʌp]

用脚背踢 kick with back of foot

[kik wið bæk əv fut]

踢, 打, 摔, 拿 kicking, striking, throwing and

grasping ['kikiŋ, 'straikiŋ, θrouiŋ ænd 'grɑ:spiŋ]

肌肉运动感觉 kinesthetic sensation

[kaini(:)s 'θetik sen'seɪʃən]

掩膝 knees turned inward [ni:z tə:nd 'inwəd]

不协调 lack of coordination [læk əv kou,ə:di'neiʃən]

缓慢无力 lack of speed and force

[læk əv spi:d ænd fɔ:s]

劲力不足 lacking force ['lækiŋ fɔ:s]

向...位置落步 land at... [lənd æt...]

以前脚掌着地 land on the ball of foot

[lənd ɒn ðə bɔ:l əv fut]

大缠 large-twining hold [lɑ:dʒ-'twainiŋ hould]

后倾 lean backwards [li:n 'bækwədʒ]

前倾 lean forward [li:n 'fɔ:wəd]

弧形步上跳 leap in curved steps [li:p in kə:vɪd steps]

左(右)腿蹬直 left (right) leg straightened
[left (rait) leg 'streitnd]

左势 left style [left stail]

腿部练习 leg exercise [leg 'eksəsaiz]

腿部动作 leg movement [leg 'mu:vemənt]

摆腿速度 leg-swing speed [leg-swiŋ spi:d]

分腿 legs apart [legz ə'pɑ:t]

两腿交叉 legs crossed [legz 'krɒst]

并腿 legs together [legz tə'geðə]

俯卧 lie face down [lai feis daun]

侧卧 lie on side [lai ɒn said]

俯卧 lie on stomach [lai ɒn 'stʌmək]

抬头 lift head [lift hed]

抬腿 lift leg [lift leg]

轻灵沉着 light and steady [lait ænd 'stedɪ]

轻快有力 light, swift and forceful

[lait, swift ænd 'fɔ:sfʊl]

似行云流水 like flying clouds and flowing water

[laɪk 'flaɪɪŋ klaʊdz ænd 'flaʊɪŋ 'wɔ:tə]

形象逼真 likeness in both appearance and spirit

['laɪknɪs ɪn baʊθ ə'piərəns ænd 'spɪrɪt]

准备活动 limber up ['lɪmbə ʌp]

连贯圆活 linked up smoothly [lɪŋkt ʌp 'smu:ðli]

瞻前顾后 look ahead and behind [lu:k ə'hed ænd

bi'haind]

眼看前方 look forward [lu:k 'fɔ:wəd]

向前平视 look straight ahead [lu:k streit ə'hed]

放松 loosen ['lu:sn]

失去平衡 lose balance [lu:z 'bæləns]

清脆响亮 loud and clear [laud ænd kliə]

腾空不高 low flight [lou flait]

低势 low posture [lou 'pəstʃə]

低势 low position [low pə'ziʃən]

低强度训练 low-pressure workout

[lou-'preʃə 'wə:kaut]

下盘 lower-section ['louə-'sekʃən]

低头猫腰，学艺不高 lowered head and bent waist
prove one's skill is not high ['louəd hed ænd bent
weist pru:v wʌnz skil iz nɒt hai]

握拳 make a fist [meik ə fist]

发声 make a sound [meik ə saund]

垫上练习 matwork ['mætwə:k]

步法错乱 messy footwrok ['mesi 'futwə:k]

用劲方法 methods of applying force

['meθədz əv əp'laiɪŋ fɔ:s]

中盘 mid-section [mid-'sekʃən]

中节 middle-section ['midl-'sekʃən]

下移 move down [mu:v daun]

快如风 move fast like a gust of wind

[mu:v fɑ:st laik ə gʌst əv wind]

动如涛 move like an ocean wave

[mu:v laik ən 'ouʃən weiv]

缓如鹰 move slowly like a soaring eagle

[mu:v 'slouli laik ə 'sə:riŋ 'i:gl]

上移 move up [mu:v ʌp]

动势 moving position ['mu:viŋ pə'ziʃən]

动作分析 movement analysis ['mu:vmənt ə'næləsis]

运动在梢，机关在腰 movement at tips, control at
waist ['mu:vmənt ət tips, kən'troul ət weɪst]

动作难度 movement difficulty ['mu:vmənt 'dɪfɪkəlti]

运动在身，用意在心 movement in the body, will in
the heart ['mu:vmənt in ðə 'bɒdi, wɪl in ðə hɑ:t]

动作次序 movement sequence ['mu:vmənt 'si:kwəns]

动作规格 movement specification

['mu:vmənt ,spesɪfɪ'keɪʃən]

动作规格 movement standard ['mu:vmənt 'stændəd]

肌肉力量 muscular strength ['mʌskjʊlə streŋθ]

肌肉控制 muscle control ['mʌsl kən'troul]

肌肉放松 muscle relaxation ['mʌsl ,ri:læk'seɪʃən]

肌肉紧张 muscle tension ['mʌsl 'tenʃən]

自然呼吸 natural breathing ['nætʃərəl 'bri:ðɪŋ]

松静自然 naturally relaxed and calm

✓ ['nætʃərəli ri'lækst ænd kɑ:m]

轻灵敏捷 nimble and swift ['nimbl ænd swift]

转体90度 ninety degrees body turns ['nainti di'gri:z
'bɒdi tə:nz]

不丢 no separation [nou ,sepə'reɪʃən]

人不知我，我独知人 nobody knows me, while I

know everybody ['noubədi nouz mi, hwail ai
nou 'evribədi]

动作规格 (标准) norm of movement [nɔ:m əv
'mʌ:vmənt]; specification of movement
[spesifi'keifən əv 'mʌ:vmənt]

不丢 not lose opponent [nɒt lu:z ə'pounənt]

引进落空 oncoming force strikes emptiness
[ən'ʌmiŋ fɔ:s straiks 'emptinis]

单脚直立旋转 one-foot upright spin ['wʌn-fut 'ʌpraɪt
spin]

空中转体180度 one hundred and eighty degrees body
turns in the air [wʌn 'hʌndrəd ænd 'eiti di'gri:z
'bədi tɜ:nz in ði: sə]

拳打千遍, 身法自然 only after punching one thousand
punches will body work be natural ['ounli 'ɑ:ftə
'pʌntʃɪŋ wʌn 'θauzənd pʌntʃɪz wil 'bədi wɜ:k bi
'nætʃərəl]

反方向 opposite direction [ə'pəzɪt di'rekʃən]

风格突出 outstanding style ['autstændɪŋ stail]

反复地 over and over ['ouvə ænd 'ouvə]

四两拨千斤 overcome a weight of 1,000 pounds with
four ounces ['ouvəkʌm ə weɪt əv wʌn 'θauzənd
paundz wið fɔ: aunsɪz]

过度紧张 overtense ['ouvətens]

训练过度 overtrain ['ouvətreɪn]

掌心向内 (上、下、外) palm facing in (up, down,

out) [pɑ:m 'feisiŋ in (ʌp, daun, aut)]

传授 pass on [pɑ:s ɒn]

经…内侧 passing to the inside of... ['pɑ:siŋ tu ði: insaid əv...]

经…外侧 passing to the outside of...

['pɑ:siŋ tu ði: 'aʊtsaid əv...]

注意 pay attention to [pei ə'teɪʃən tu]

身体疲劳 physical fatigue ['fɪzɪkəl fə'ti:g]

身体疲劳 physical strain ['fɪzɪkəl streɪn]

以…为轴 pivot on... ['pɪvət ɒn...]

以脚跟为轴 pivot on heel ['pɪvət ɒn hi:l]

以脚掌为轴 pivot on the ball of foot

['pɪvət ɒn ðə bɔ:l əv fut]

置于 place on [pleɪs ɒn...]

要点 (要领) point of attention [pɔɪnt əv ə'tenʃən]

要领 point to remember [pɔɪnt tu ri'membə]

不协调 poor coordination [puə kou,ɔ:di'neɪʃən]

力达脚尖 power focussed at tip of foot

['paʊə fɒkstət tip əv fut]

力达脚跟 power is focussed at heel ['paʊə ɪz 'fɒkəstət hi:l]

后蹬有力 powerful drive of leg ['paʊəfʊl draɪv əv leg]

用法 practical application ['præktɪkəl ,æpli'keɪʃən]

刀的技法 practical application of broadsword

['præktɪkəl ,æpli'keɪʃən əv 'brɔ:dsɔ:d]

棍的技法 practical application of cudgel

[ˈprætikəl ,æpliˈkeɪʃən əv ˈkʌdʒəl]

枪的技法 practical application of spear

[ˈprætikəl ,æpliˈkeɪʃən əv spiə]

剑的技法 practical application of sword

[ˈprætikəl ,æpliˈkeɪʃən əv sɔ:d]

方法错误 practical fault [ˈprætikəl fə:lt]

熟能生巧 practice makes perfect

[ˈpræktis meɪks ˈpə:fɪkt]

内外兼修 practise both the internal and the external

[ˈpræktis bəʊθ ði: inˈtə:nl ænd ði: eksˈtə:nl]

保护帮助练习 practise with assistance

[ˈpræktis wið əˈsɪstəns]

预备势 preparatory form [priˈpærətəri fɔ:m]

下按 press down [pres daʊn]

按 pressing movement [ˈpresɪŋ ˈmu:vmənt]

练习原则 principle of practice [ˈprɪnsəpl əv præktɪs]

循序渐进 progression [prəɡˈrefən]

心理训练 psychological training

[saɪkəˈlɒdʒɪkəl ˈtreɪnɪŋ]

收腿 pull back the leg [pul bæk ðə leg]

收拳 pull fist back [pul fɪst bæk]

收腹 pull in abdomen [pul in ˈæbdəmen]

冲拳力量 punching power [ˈpʌntʃɪŋ ˈpaʊə]

挤 pushing movement [ˈpuʃɪŋ ˈmu:vmənt]

后腿蹬地 push off rear leg [puʃ ə(:)f riə leg]

俯卧撑 push-up [puʃ-ʌp]

外推 push out [puʃ aut]

气 “Qi” [“qi”]

气沉丹田 “Qi” flows to “dantian” [“qi” flouz tu
“dantian”]

动作质量 quality of movement [ˈkwɒliti əv ˈmu:vmənt]

迅速有力 quick and forceful [kwɪk ænd ˈfɔ:sfʊl]

抬头 raise head [reɪz hed]

动作幅度 range of movement [reɪndʒ əv ˈmu:vmənt]

摆动幅度 range of swing [reɪndʒ əv swɪŋ]

准备动作 ready movement [ˈredi ˈmu:vmənt]

后转身 rear pivot [riə ˈpɪvət]

两肘松垂 relax and drop elbows

[riˈlæks ænd drɒp ˈelbəʊz]

全身放松 relax entire body [riˈlæks ɪnˈtaɪə ˈbɒdi]

松肩 relax shoulders [riˈlæks ˈʃəʊldəz]

松腰 relax waist [riˈlæks weɪst]

全身放松 relax whole body [riˈlæks haʊl ˈbɒdi]

松劲 relaxed force [riˈlækst fɔ:s]

放松踢 relaxed kicking [riˈlækst ˈkɪkɪŋ]

放松 release [riˈli:s]

发力 release force [riˈli:s fɔ:s]

劲力顺达 release force smoothly [riˈli:s fɔ:s ˈsmu:ðli]

保持不动 remain stationary [riˈmeɪn ˈsteɪʃənəri]

重复, 重做 repeat [riˈpi:t]

重复训练 repetition training [ˌrepiˈtɪʃən ˈtreɪnɪŋ]

保持伸直状态 retain straight posture

[ri'tein streit 'pəstʃə]

收回…位置 retrieve to [ri'tri:v tu]

收回…位置 return to [ri'tə:n tu]

后绕环 reverse circle [ri'və:s 'sə:kl]

反方向 reverse direction [ri'və:s di'rekʃən]

反握 reverse grip [ri'və:s grip]

后转身 reverse pivot [ri'və:s 'pivət]

节奏分明 rhythm clear ['riðəm kliə]

动作节奏 rhythm of movement ['riðəm əv 'mu:vmənt]

右势 right style [rait stail]

起伏 rise and fall [raiz ænd fə:l]

起伏转折 rising, falling, turning and folding

['raiziŋ, 'fə:liŋ, 'tə:nɪŋ ænd 'fouldɪŋ]

套路布局 routine distribution [ru:'ti:n ,distri'bju:ʃən]

套路训练 routine training [ru:'tin 'treiniŋ]

助跑 run-up [rʌn-ʌp]

松垂 sag [sæg]

蓄劲如开弓，发劲似放箭 save power like drawing a

bow, apply force like loosing an arrow [seiv 'paue

laik drə:iŋ ə bou, ə'plai fə:s laik lu:siŋ ən 'ærəu]

向…下挂 scoop down [sku:p daun]

分解练习 segment drills ['segment drilz]

分解动作 segmented movement ['segmentid 'mu:vmənt]

自我放松 self-relaxtion [self-'ri:læk'seiʃən]

节奏感 sense of rhythm [sens əv 'riðəm]

分力 separated force [ˈsepəreɪtɪd fɔ:s]

静心聚神 serene heart and concentrated mind
[siˈri:n hæ:t ænd ˈkɒnsentreɪtɪd maɪnd]

动作组合练习 series drills [ˈsiəri:z drɪlz]

落如鹊 set foot down like a magpie
[set fut daʊn laɪk ə ˈmæɡpaɪ]

抖力 shaking force [ˈʃeɪkɪŋ fɔ:s]

抖劲 shaking power [ˈʃeɪkɪŋ ˈpaʊə]

转移重心 shift weight [ʃɪft weɪt]

重心前移 shift weight forward [ʃɪft weɪt ˈfɔ:wəd]

短冲训练法 short intensive training method
[ʃɔ:t ɪnˈtensɪv ˈtreɪnɪŋ ˈmeθəd]

肩臂练习 shoulder and arm exercise [ˈʃəʊldə ænd ɑ:m
ˈeksəsaɪz]

高与肩平 shoulder height [ˈʃəʊldə haɪt]

与肩同宽 shoulder width apart [ˈʃəʊldə wɪð əˈpɑ:t]

喊，发声 shout cry [ʃaʊt krai]

耸肩 shrug shoulders [ʃrʌɡ ˈʃəʊldəz]

单臂绕环 single arm circle [ˈsɪŋɡl ɑ:m ˈsə:kl]

单个动作 single movement [ˈsɪŋɡl ˈmu:vmənt]

单势练习 single posture exercise
[ˈsɪŋɡl ˈpɒstʃə ˈeksəsaɪz]

上体后坐 sit back (on hips) [sit bæk (ɒn hips)]

柔和缓慢 slow and gentle [sləʊ ænd ˈdʒentl]

小缠 small-twining hold [smɔ:l-ˈtwainɪŋ haʊld]

劲力顺达 smooth power [smu:ð ˈpaʊə]

摇头 snap head around [snæp. hed (ə'raund)]

抖腕 snap wrist [snæp rist]

抖腕亮掌 snap wrist and flash palm

[snæp rist ænd 'flæʃ pɑ:m]

以柔克刚 softens controlling hardness

['sɒftnis kən'trouliŋ 'hɑ:dnis]

柔中寓刚 hardness dwells in softness

['hɑ:dnis dwelz in 'sɒftnis]

枪如游龙 spearplay like an undulating dragon

['spiəplei laik ən 'ʌndjuleitiŋ 'dræɡən]

具体动作 specific movement [spi'sifik 'mu:vmənt]

专项技术 specific technique [spi'sifik tek'ni:k]

单项训练 specific training [spi'sifik 'treiniŋ]

速度训练 speed training [spi:d 'treiniŋ]

加速 speed up [spi:d ʌp]

旋转自如 spinning freely ['spiniŋ 'fri:li]

精神，意，气，力 spirit, will, vital energy and strength

['spirit, wil, 'vaitl 'enədʒi ænd streŋθ]

精神饱满 spirited ['spiritid]

保护与帮助训练 spotting and assistance training

['spɒtiŋ ænd ə'sistəns 'treiniŋ]

起如猿 spring up like a ape [sprɪŋ ʌp laik ə eip]

蹲下 squat down [skwɒt daʊn]

蹲跳 squat-hop [skwɒt-hɒp]

步型步法练习 stance and footwork exercise

[stæns ænd 'futwɜ:k 'eksəsaiz]

站如松 stand like a pine [stæd laik ə pain]

站如鹤 stand on one leg like a crane

[stænd ɒn wʌn leg laik ə kreɪn]

立身中正 stand straight and centred

[stænd streɪt ænd 'sentəd]

并步直立 stand upright with feet together

[stænd 'ʌpraɪt wið fi:t tə'geðə]

开步站立 stand with feet apart [stænd wið fi:t ə'pɑ:t]

动作标准 standard of movement

['stændəd əv 'mu:vmənt]

支撑腿 standing leg ['stændɪŋ leg]

起势 starting position ['stɑ:tɪŋ pə'zɪʃən]

避实击虚 stay clear of the rival's attacks and hit

at his weak points [steɪ kliə əv ðə 'raɪvəlz ə'tæks

ænd hit ət his wi:k 'pɔɪnts].

沉着稳健 steady and composed ['stedi ænd

kəm'pouzɪd]

稳如山 steady as a mountain

['stedi əz ə 'maʊntɪn].

步法稳固 steady footwork ['stedi 'fʊtwɜ:k]

逐步 step by step [step baɪ step]

僵硬顶劲 stiff force [stɪf fɔ:s]

以静制动 stillness controlling movement

['stɪlnɪs kən'troulɪŋ 'mʊvmənt]

腿直 straight leg [streɪt leg]

直腰 straight torso [streɪt 'tɔ:sou]

- 直腕 straight wrist [streit rist]
- 右腿蹬直 straighten right leg ['streitn rait leg]
- 主动 stress dynamic (element)
[stres dai'næmik ('elimənt)]
- 主刚 stress hard (element) [stres hæ:d ('elimənt)]
- 主柔 stress soft (element) [stres səft ('elimənt)]
- 主静 stress static (element) [stres 'stætik ('elimənt)]
- 前伸 stretch forward [stretʃ 'fə:wəd]
- 伸直 stretch out [stretʃ aut]
- 棍打一大片 strike staff on a large plane
[straik stɑ:f ɒn ə lɑ:dʒ plein]
- 节奏性强 strong rhythm [strɒŋ 'riðəm]
- 动作结构 structure of movement ['strʌktʃə əv
'mu:vmənt]
- 套路结构 structure of routine [ʃ'strʌktʃə əv ru:'ti:n]
- 套路结构 structure of set ['strʌktʃə əv set]
- 爆发力 sudden burst of force ['sʌdn bæ:st əv fɔ:s]
- 支撑腿 supporting leg [sə'pə:tiŋ leg]
- 潇洒飘逸 sweeping and elegant ['swi:piŋ ænd 'eligənt]
- 快速凶猛 swift and fierce [swift ænd fɪəs]
- 快速猛烈 swift and powerful [swift ænd 'paʊəfʊl]
- 下摆 swing downward [swiŋ 'daʊnwəd]
- 挥臂, 摆臂 swing of the arm [swiŋ əv ði: ɑ:m]
- 持剑手 sword hand [sɔ:d hænd]
- 剑似飞凤 swordplay like a flying phoenix
[ʃ'sɔ:dplei laik ə 'flaiiŋ 'fi:niks]

移步与转体一致 synchronize steps with body turns

侧迈步 take a step sideways [teik ə step 'sайдweiz]

上半步 take half a step forward

[teik ha:f ə step 'fəwəd]

起跳 take-off [teik ə(ɔ)f]

起跳脚 take-off foot [teik ə(ɔ)f fʊt]

右脚起跳 take-off on right foot

[teik ə(ɔ)f ɒn raɪt fʊt]

技术特点 technical characteristics [tekni:kəl

kærɪktə'rɪstɪks]

技术特点 technical feature [tekni:kəl 'fi:tʃə]

技术水平 technical level [tekni:kəl 'levl]

技术训练 technical training [tekni:kəl 'treɪnɪŋ]

技术训练 technique drill [tek'nɪk drɪl]

枪为兵器之王 the spear is king of the "Wushu"

Weapons [hə spiə ɪz kɪŋ əv "wʊʃu"] [wepənz]

形中有意，意中有形 there is mind in posture and

posture in mind [ðe ɪz maɪnd ɪn 'pɒstʃə and

'pɒstʃə ɪn maɪnd]

胸式呼吸 thoracic breathing [θə(ɪ)'ræsɪk 'brɪ:ðɪŋ]

三型 three forms [θri: fɔ:mz]

甩头（摆头） throw head [θrəʊ hed]

枪扎一条线 thrust spear in straight line

[θrəst spiə ɪn streɪt laɪn]

刺枪如射箭，往来一条线 thrust spear like shooting

an arrow, in and out along one line [ə'ast spiə

laik fu:tin en 'ærou, in and aut ə'lon wən laɪn]

脚尖内扣 tip of foot hooked in [tip əv fut hʊkt in]

舌尖抵上腭 tip of tongue touching hard palate

[tip əv tʌŋ 'tʌtʃɪŋ hɑ:d pæli'teɪ]

梢节 tip-section [tip-'sɛkʃən]

脚趾抓地 toes grasp the ground

[touz grɑ:sp ðə graʊnd]

脚尖内扣 toes inward [touz 'ɪnwəd]

脚尖点地 toes on floor [touz ɒn flɔ:]

脚尖点地 toes on ground [touz ɒn graʊnd]

脚尖外撇 toes outward [touz 'aʊtwəd]

绷脚面 toes pointed [touz 'pɔɪntɪd]

脚尖外展 toes pointing outward

[touz 'pɔɪntɪŋ 'aʊtwəd]

脚微内扣 toes pointing slightly inward

[touz 'pɔɪntɪŋ 'slaɪtli 'ɪnwəd]

脚尖外展 toes turned out [touz tə:nd aut]

训练周期 training cycle [ˈtreɪnɪŋ 'saɪkl]

训练效果 training effect [ˈtreɪnɪŋ 'ɪfekt]

训练场地 training ground [ˈtreɪnɪŋ graʊnd]

训练强度 training intensity [ˈtreɪnɪŋ ɪn'tensɪti]

训练负荷, 运动量 training load [ˈtreɪnɪŋ laʊd]

训练方法 training methods [ˈtreɪnɪŋ 'meθədz]

训练期 training period [ˈtreɪnɪŋ 'pɪəriəd]

训练计划 training plan [ˈtreɪnɪŋ plæn]

训练大纲 training program [ˈtreɪnɪŋ ˈprəʊɡræm]

训练进度表 training schedule [ˈtreɪnɪŋ ˈskedʒul]

训练课 training session [ˈtreɪnɪŋ ˈseʃən]

重心转移到... transfer weight onto [ˈtrænsfə ˈweɪt ˈɒntu]

[ˈtrænsfə ˈweɪt ˈɒntu]

重心移至左脚 transfer weight onto left foot

[ˈtrænsfə ˈweɪt ˈɒntu ˈleft ˈfʊt]

过渡动作 transition movement [ˌtrænˈsɪʒən ˈmu:vmənt]

巨力 tremendous force [trɪˈmendəs fɔ:s]

上体后倾 (trunk) leaning backward

[(ˈtrʌŋk) ˈli:niŋ ˈbækwəd]

上体前倾 (trunk) leaning forward [(ˈtrʌŋk) ˈli:niŋ

ˈfo:wəd]

上体正直 trunk upright [(ˈtrʌŋk ʌˈpraɪt)]

跌扑滚翻练习 tumbling exercise [ˈtʌmblɪŋ ˈeksəsaɪz]

转身 turn body [tɜ:n ˈbɒdi]

前臂内旋 turn forearm inward [tɜ:n ˈfo:rm ˈɪnwəd]

前臂外旋 turn forearm outward [tɜ:n ˈfo:rm ˈaʊtwəd]

脚跟转向里 turn heel inward [tɜ:n ˈhi:l ˈɪnwəd]

掩膝 turn in knees [tɜ:n ˈɪn ˈni:z]

转体 turn torso [tɜ:n ˈtɔ:sə]

腰向右转 turn torso to the right [tɜ:n ˈtɔ:sə tu ðə

ˈraɪt]

转腰 turn trunk [tɜ:n ˈtrʌŋk]

十二形 twelve forms [twelv ˈfɔ:mz]

拧身 twist body [twɪst ˈbɒdi]

拧腰转肩 twist hips and turn shoulders

[twist hips and turn /ʃouldəz]

拧腰 twist waist [twist weɪst]

旋腕 twist wrist [twist rɪst]

拧劲 twisting force [twisting fɔ:s]

典型错误 typical fault [ˈtɪpɪkəl fɔ:lt]

统一规格 unified standard [ˈju:nɪfaɪd ˈstændəd]

独特的击方式 unique style of attack

[ju:ˈnɪk stɑɪl əv əˈtæk]

风格别致 unusual style [ʌnˈju:ʒl stɑɪl]

动作不稳健 unsteady performance [ˌʌnstedi

ˈpɜ:fɔ:məns]

高与肩平 up to shoulder level [ʌp tu: ˈʃouldə ˈlevl]

上下肢配合协调 upper and lower limbs well-coordi-

nated [ˌʌpə ænd ˈləʊə lɪmz wel-kouːdɪnɪtɪd]

上盘 upper section [ˌʌpə ˈsekʃən]

用力 use force [ju:s fɔ:s]

刀的技法 use of the broadsword [ju:s əv ðə ˈbrɔ:dsɔ:d]

棍的技法 use of the cudgel [ju:s əv ðə ˈkʌdʒəl]

枪的技法 use of the spear [ju:s əv ðə spiə]

剑的技法 use of the sword [ju:s əv ðə sɔ:d]

以拧腰带动扫腿 use waist as driving force for leg

sweep [ju:s weɪst əz ˈdraɪvɪŋ fɔ:s fɔ: leg swi:p]

以…为轴 using... as pivot [ju:sɪŋ... əz ˈpɪvət]

以右脚为轴 [using right foot as pivot]

[ju:sɪŋ raɪt fʊt əz ˈpɪvət]

- 各种风格 various styles [ˈværiəs stɑɪlz]
- 立圆 vertical circle [ˈvɜːtɪkəl ˈsɜːkl]
- 垂直面 vertical plane [ˈvɜːtɪkəl pleɪn]
- 气 vital energy [ˈvaɪtəl ˈenɜːdʒi]
- 身体要害部位 vital part of body [ˈvaɪtəl pɑːt əv ˈbɒdi]
- 直腰 waist erect [weɪst ˈɪrɛkt]
- 腰部练习 waist exercise [weɪst ˈeksəsaɪz]
- 高与腰齐 waist high [weɪst haɪ]
- 腰似螺丝，脚似钻 waist like a screw and feet like drills [weɪst laɪk ə ˈskruː and fi:t laɪk ˈdrɪlz]
- 腰似蛇行 waist like a wriggling snake [weɪst laɪk ə ˈrɪɡlɪŋ sneɪk]
- 腰如中轴 waist like an axle [weɪst laɪk ən ˈæksl]
- 转腰不充分 waist not turned sufficiently [weɪst nɒt ˈtʊːnd səˈfɪsntli]
- 以腰为轴 waist serves as axis [weɪst səvz əz ˈæksɪs]
- 棚 warding-off movement [wɔːdɪŋ-ɒf ˈmuːvment]
- 整理活动 warm-down [wɔːm-daʊn]
- 准备活动 warm-up [wɔːm-ʌp]
- 器械练习 weapons exercise [ˈwepənz ˈeksəsaɪz]
- 重心移到左（右）腿 weight moves onto left (right) leg [weɪt muːvz ˈɒntu left (raɪt) leg]
- 力量练习 weight training [weɪt ˈtreɪnɪŋ]
- 对称 well-balanced [wel ˈbælənsɪd]
- 匀称 well-proportioned [wel ˈprɒpəʊʃənd]
- 拳打有人似无人，拳打无人似有人 when fighting,

fight as if there is no opponent; when practising,
fight as if you are facing your worst opponent
[hwen 'faiŋ, 'fai əz if dʒə'z nɒ ə'pounənt; hwen
'præktisɪŋ, 'fai, zɪf ju: (ɑ: 'feɪsɪŋ ju: wɜ:st ə'pounənt)]

大刀看口 when playing Long-handle broadsword,
keep eyes on the blade [hwen 'pleɪɪŋ lɒŋ-'hændl
'brɔ:dsɔ:d kɪp aɪz ɒn ðə bled]

双刀看走 when playing double-broadswords watch
one's footwork [hwen 'pleɪɪŋ 'dʌbl-'brɔ:dsɔ:dz
wɒtʃ wɒnz 'fʊt wɜ:k]

单刀看手 when playing single broadsword, watch
one's hand [hwen 'pleɪɪŋ 'sɪŋgl 'brɔ:dsɔ:d wɒtʃ
wɒnz hænd]

鞭打动作 whipping (movement) ['hwɪpɪŋ ('mu:vmənt)]

以全脚掌着地 with sole flat on floor

[wɪð sɒl flæt ɒn flɔ:]

收胯 withdraw hips [wɪð'drɔ: 'hɪps]

收左(右)脚 withdraw left (right) foot [wɪð'drɔ:
left (raɪt) fʊt]

一气呵成 without any interruption [wɪð'aʊt 'eni
ɪntə'rɒpʃən]

上动不停 without stopping previous movement
[wɪð'aʊt 'stɒpɪŋ 'pri:vjes 'mu:vmənt]

腕部动作 wrist action [rɪst 'ækʃən]

转腕 wrist rotation [rɪst rəʊ'teɪʃən]

手腕交叉 wrists crossed ['rɪsts kɹɒst]

顺势 yield [ji:ld]

手腕交叉 wrists crossed ['rɪsts kɹɒst]

顺势 yield [ji:ld]

七、竞赛 (Competition)

弃权 abstention [æb'stenʃən]

附加动作 additional movement [ə'dɪʃənəl 'mu:vmənt]

附加支撑 additional support [ə'dɪʃənəl sə'pɔ:t]

警告 admonition [əd'mɒnɪʃən]

累积分 aggregate score ['ægrɪgeɪt skɔ:]

全能 all-round [bɪl-raʊnd]

全能冠军 all-round title [ɔ:l-raʊnd 'taɪtl]

报分 announce scores [ə'naʊns skɔ:z]

成绩公布 announcement of results [ə'naʊnsmənt əv

宣告员, 播音员 announcer [ə'naʊnsə]

与要求显著不符 apparent inconformity with speci-

fications [ə'pərənt, ɪn'kɒnfɹmɪtɪ wɪð 'spesɪfɪ'keɪʃənz]

仲裁委员会 appeals committee [ə'pi:lz kə'mɪtɪ]

比赛场地 arena [ə'ri:nə]

授奖 award [ə'wɔ:d]

给分 award (points) [ə'wɔ:d ('pɔɪnts)]

判分 awarding of points [ə'wɔ:dɪŋ əv 'pɔɪnts]

纪念奖 badge [bædʒ]

裁判委员会 board of judges [bɔ:d əv 'dʒʌdʒz]

加分 bonus point ['bəʊnəs poɪnt] 又加分手

比赛记录表 box scores [bɒks 'skɔ:z] 比赛

器械折断 broken weapon ['brəʊkən 'wepən]

铜牌 bronze medal [brɒnz 'medl]

成绩统计 calculation of results [kælkju:'leɪʃən əv
ri'zalts] 竞赛

中线 centre line [tsentə 'laɪn]

冠军 champion ['tʃæmpjən]

锦标赛 championship ['tʃæmpjənʃɪp]

检录长 chief clerk of tournament [tʃi:f klɜ:k əv
'tuənəmənt]

裁判长 chief judge [tʃi:f dʒʌdʒ]

闭幕式 closing ceremony ['kləʊzɪŋ 'serɪməni]

报名截止日期 closing date for entries [kləʊzɪŋ deɪt
fə 'entri:z]

全能项目 combined events [kəm'baɪnd 'i:vnts]

常见错误 common fault ['kɒmən fɔ:lt]

常见错误 common mistake ['kɒmən mis'teɪk]

比赛 competition [kəm'pi:tɪʃən]

竞赛委员会 competition board [kəm'pi:tɪʃən bɔ:d]

竞赛委员会 competition committee [kəm'pi:tɪʃən
kə'miti]

竞赛日期和时间 competition date and time
[kəm'pi:tɪʃən deɪt ænd taɪm]

比赛项目 competition event [kəm'pi:tɪʃən i'vent]

竞赛办公室 competition office [kəm'pi:tɪʃən 'ɒfɪs]

竞赛规则 competition rules [kəmpe'tiʃən ru:lz]

比赛地点 competition site [kəmpe'tiʃən saɪt]

比赛时间 competition time [kəmpe'tiʃən taɪm]

日期 date [deɪt]

扣除 deduct [di'dʌkt]

遗忘扣分 deduct points for missed movement

[di'dʌkt poɪnts fɔː mɪst mu:vmənt]

扣除 deduction [di'dʌkʃən]

扣分 deduction of points [di'dʌkʃən əv poɪnts]

弃权 default (forfe) [di'fɔːlt (fə:gou)]

奖状, 证书 diploma [di'pləʊmə]

示分 display points [dis'pleɪ poɪnts]

取消比赛资格 disqualify [dis'kwɒlɪfaɪ]

颁发奖品 distribution of prizes [distri'bju:ʃən əv

'praɪzɪz]

抽签 draw lots [dra: lɒts]

淘汰 eliminate [ɪ'lɪmɪneɪt]

出场, 上场 enter court [entə kɔ:t]

报名参加 enter in (for) ['entə ɪn (fɔː)]

进场, 入口 entrance ['entrəns]

报名表 entry blank ['entri blæk]

评分标准 evaluation standards [ɪ'væljʊ'eɪʃən 'stændədz]

项目 event [ɪ'vent]

表演赛 exhibition competition [eksɪ'biʃən kəmpe'ti-

ʃən]

表演项目 exhibition event [eksɪ'biʃən ɪ'vent]

退场 exit ['eksɪt] 退场 退场

附加动作 extra movement ['ekstrə 'mu:vmənt] 附加动作

第五名 fifth place ['fɪfθ pleɪs] 第五名

填写 fill in [fɪl ɪn] 填写

决赛 finals ['faɪnls] 决赛

决赛名次 final placings ['faɪnəl 'pleɪsɪnz] 决赛名次

取得决赛权 final qualification ['faɪnəl kwəlɪfɪ 'keɪʃən] 取得决赛权

决赛成绩 final results ['faɪnəl rɪ'zʌltz] 决赛成绩

第一类 first category ['fɜ:st 'kætɪgəri] 第一类

一级裁判员 first class judge ['fɜ:st klɑ:s dʒʌdʒ] 一级裁判员

第一场地 first court ['fɜ:st kɔ:t] 第一场地

第一名 first place ['fɜ:st pleɪs] 第一名

遗忘 forget [fə'get] 遗忘

第四类 fourth category [fɔ:θ 'kætɪgəri] 第四类

第四名 fourth place [fɔ:θ pleɪs] 第四名

友谊赛 friendship match ['frendʃɪp mætʃ] 友谊赛

满分 full points [fʊl pɔɪnts] 满分

满分 full score [fʊl skɔ:] 满分

金牌 gold medal [gəʊld 'medl] 金牌

集体项目 group event [gru:p ɪ'vent] 集体项目

总裁判 head judge [hed dʒʌdʒ] 总裁判

最高分 highest score ['haɪst skɔ:] 最高分

主队 home team [həʊm ti:m] 主队

抱拳礼 holding fist salute ['həʊldɪŋ fɪst sə'ljʊt] 抱拳礼

没有完成套路 incomplete routine [ɪn'kəm'pli:t

ru:'ti:n] 没有完成套路

- 不一致·inconformity [ˌɪnkə'fɔ:mɪtɪ] 不一致
不协调·incoordination [ˌɪnkə'ɔ:di'neɪʃən] 个人冠军 individual champion
[ˌɪndɪ'vɪdʒʊəl tʃæmpjən] 检查员 inspector [ˌɪnspektə] 邀请赛 invitational tournament [ˌɪnvɪ'teɪʃənəl 'tuənmənt] 裁判员 judge [dʒʌdʒ] 仲裁委员会 jury of appeal [ˌdʒʊəri əv ə'pi:l] 参赛者名单 [a list of competitors [lɪst əv kəm'petɪtəz] 因分数落后而失败 lose one points [lʊz ən poɪnts] 最低分 lowest score [ˈləʊɪst'skɔ:] 检录 marshal calling [ˈmɑ:ʃəl 'kɔ:lɪŋ] 集合地点 meeting places [mi:tiŋ pleɪs] 授奖仪式 medal awards ceremony [ˈmedl əs'wɔ:dz 'serɪməni] 男子全能冠军 men's individual all-round title [menz ˌɪndɪ'vɪdʒʊəl ɔ:l-raʊnd 'taɪtl] 编排方法 method of ordering events [ˈmeθəd əv (ə:'dɔ:ɪŋ ɪ'vents] 分 minute ['mɪnɪt] 遗忘 miss (movement) [mɪs-(mu:'vɪmənt)] 失误 mistake [ˈmɪs'teɪk] 国家级裁判员 national judge [ˌnæʃənəl dʒʌdʒ] 全国武术比赛 national "wushu" competition [ˌnæʃənəl "wʊʃu" kəm'pi'tɪʃən]

姓名 name [neim] 姓不
号码 number [nambə] 出街不
比赛场数 number of matches (completed) 个
[ˈnambə əv 'mætʃɪz (kəm'pli:tɪd)]

开幕式 opening ceremony ['ɒpənɪŋ sɪ'remənɪ]

入场式 opening march ['ɒpənɪŋ mɑ:tʃ] 赛青慈

编排 order of events ['ɔ:də əv i'vents]

名次排列 order of finish ['ɔ:də əv 'fɪnɪʃ]

组织委员会 organizing committee ['ɔ:ɡənaɪzɪŋ kə'miti]

击败对方, 取胜 outclass [aʊtˈklɑ:s] 单谷答我零

得分超过对手 outpoint [aʊtˈpɔɪnt] 面司蓄焚公因

分数领先 outscore [aʊtskɔ:z] 会路其

出界 outside boundary [aʊtˈsaɪd ə'baʊndəri]

圈外 outside circle [aʊtˈsaɪd ɪ'skɜ:l] 点(组合球

扣分 penalize ['penəlaɪz] 大(对数

扣分 penalty ['pi:nəlti]

时间超出规定 performance over allotted time

[pə'fɔ:məns ɔvə ə'lɒtɪd taɪm]

时间不足规定 performance short of allotted time

[pə'fɔ:məns ʃɔ:t əv ə'lɒtɪd taɪm]

地点 place [pleɪs]

比赛台(擂台) platform ['plætfɔ:m]

评分标准 point scale [pɔɪnt skeɪl]

评分表 points table [pɔɪnt 'teɪbl]

奖品 prize [praɪz]

秩序册 program ['prəʊɡræm]

成绩公布栏 public results board [ˈpʌblɪk rɪˈzʌltz bɔ:d]
 合格, 出线 qualify [ˈkwɒlɪfaɪ]
 取得决赛权 qualify for finals [ˈkwɒlɪfaɪ fɔː ˈfaɪnəlz]
 名次排列表 ranking list [ˈræŋkɪŋ lɪst]
 重做 re-perform [riːpəˈfɔ:m]
 记录员 record keeper [rɪˈkɔ:d ki:pə]
 规则, 规章 regulation [ˌregjʊˈleɪʃən]
 规定项目 required event [rɪkwaɪərd ɪˈvent]
 成绩 result [rɪˈzʌlt]
 弃权 forfeit [fɪˈtaɪt]
 评分裁判员 ringside judge [ˈrɪŋsaɪdʒ dʒʌdʒ]
 点名 roll call [rəʊl kɔ:l]
 套路检查员 routine inspector [ruːti:n ɪnˈspektə]
 得分相等 same score [seɪm skɔː]
 示分牌 score flash-board [skɔː flæʃ bɔ:d]
 记分表 scoring paper [ˈskɔːrɪŋ ˈpeɪpə]
 秒 second [ˈsekənd]
 第二类 second category [ˈsekənd kætəɡəri]
 二级裁判员 second class judge [ˈsekənd klɑ:s dʒʌdʒ]
 第二场地 second court [ˈsekənd kɔ:t]
 第二名 second place [ˈsekənd pleɪs]
 选拔赛 selective trials [sɪˈlektɪv ˈtraɪəlz]
 半决赛 semi-finals [ˈsemiˈfaɪnəlz]
 与要求严重不符 severe inconformity with specifications
 [siˈviə ɪnˈkɒnfɔ:mɪti wɪð ˌspesɪfɪˈkeɪʃənz]
 性别 sex [seks]

场外指导 ~~sideline coaching~~ [saɪdlaɪn 'kəʊtʃɪŋ]

银牌 silver medal [ˈsɪlvə 'medl]

第六名 sixth place [sɪksə 'pleɪs]

与要求轻微不符 slight inconformity with specifications
[slait ɪnken 'fɔ:mɪtɪ wɪθ spəsɪfɪ 'keɪʃənz]

散手比赛 sparring match [ˈspɜ:ɪŋ 'mætʃ]

具体标准 specific standards [spɪ'sɪfɪk 'stændədz]

男运动员 sportsman [ˈspɔ:tsmən]

女运动员 sportswoman [ˈspɔ:tswʊmən]

踩线 stand on the line [stænd 'ɒn ðə laɪn]

扣分标准 standards for deduction [ˈstændədz fɔ:
dɪ'dʌkʃən]

评分标准 standards of evaluation [ˈstændədz əv
ɪ'vælju'eɪʃən]

太极推手比赛 ["taiji"] push-hands competition
[ˈtaiji 'pʊʃ-hændz kəmpeɪtʃən]

出场, 上场 take the field [teɪk ðə fi:ld]

第三类 third category [θɜ:d 'kætɪgəri]

三级裁判员 third class judge [θɜ:d klɑ:s dʒʌdʒ]

第三名 third place [θɜ:d 'pleɪs]

弃权, 放弃 throw in the towel [θrəʊ ɪn ðə 'taʊəl]

时间 time [taɪm]

计时员 time-keeper [taɪm 'ki:pə]

总分 total points [ˈtəʊtəl 'pɔɪnts]

总成绩 total score [ˈtəʊtəl skɔ:]

比赛, 竞赛 tournament [ˈtuənəmənt]

选拔赛 try out [traɪ aʊt] [bæk] back 背
 器械方法不清楚 unclear weapon technique 器械
 没有完成套路 unfinished routine 没有完成
 优胜者 victor [vɪktə] back of head 后脑
 器械规格 weapon specification [speʃɪfɪk'eɪʃən] 规格
 称量体重 weigh in [weɪtɪn] base of palm 手掌
 取胜 win [wɪn] belly 腹
 获奖 win a prize [wɪn ə praɪz] breast 胸
 以分取胜 [wɪnɒn pɔɪnts] [wɪnɒn pɔɪnts] 得分
 优胜者 winner ['wɪnə] buttock 臀部
 女子全能冠军 women's individual all-round title
 ['wɪmɪnz ɪndɪ'vɪdʒuəl ɔ:lraʊnd taɪtl] 全能

八、常用人体部位及经络穴位名称 (Names of Parts of Body and Names of Acupuncture Channels and Acupoints in Common Use)

(一) 人体部位名称 (Names of Parts of the Body)

腹(部) abdomen ['æbdəmen] [aɪ] eye 眼部
 踝 ankle ['æŋkl] [feɪs] face 脸
 脚弓 arch of foot [ɑ:tʃ əv fu:t] [fəʊt] foot 脚
 腋窝 armpit ['ɑ:mpɪt] [ʌpɔɪt] armpit 腋下
 腋窝 axilla [æk'sɪlə] [æksɪlə] armpit 腋下
 腘窝 back of knee [bæk əv ni:] [bæk əv ni:] knee 膝盖

背 back [bæk] [pue hən] 100 背脊

脊柱 backbone ['bækbaɪn] 100 背脊

脚背 back of foot [bæk əv fʊt] 100 背脊

手背 back of hand [bæk əv hænd] 100 背脊

后脑 back of head [bæk əv hed] 100 背脊

前脚掌 ball of foot [bɔ:l əv fʊt] 100 背脊

掌根 base of palm [beɪs əv pɑ:l] 100 背脊

腹 belly ['beli] 100 背脊

胸 breast [brest] 100 背脊

鼻梁 bridge of nose [brɪdʒ əv nəʊz] 100 背脊

臀 buttock ['bʌtək] 100 背脊

小腿 calf [kɑ:f] 100 背脊

脸颊 cheek [tʃi:k] 100 背脊

胸 chest [tʃest] 100 背脊

下巴颏 chin [tʃɪn] 100 背脊

锁骨 collarbone ['kɒləbəʊn] 100 背脊

对侧的 contralateral [kɒntrə'læterəl] 100 背脊

颅顶 cranial vault [kreɪnɪəl vɔ:lt] 100 背脊

耳 ear [ɪə] 100 背脊

肘 elbow ['elbəʊ] 100 背脊

眼睛 eye [aɪ] 100 背脊

脸 face [feɪs] 100 背脊

股骨 femur ['fi:mə] 100 背脊

腓骨 fibula ['fɪbjʊlə] 100 背脊

手指 finger ['fɪŋgə] 100 背脊

指尖 finger tip ['fɪŋgə tɪp] 100 背脊

前臂 forearm ['fɔ:rm] 前臂
 食指 forefinger ['fɔ:ŋgɜ:] 食指
 前额 forehead ['fɔ:hd] 前额
 裆部, 阴部 groin [graɪn] 裆部
 头发 hair [heə] 头发
 头 head [hed] 头
 脚跟 heel [hi:l] 脚跟
 掌根 heel of hand [hi:l əv hænd] 掌根
 髋 hip [hɪp] 髋
 髋(膝, 踝)关节 hip (knee, ankle) joint [hɪp (ni:, æŋkl) dʒɔɪnt] 髋(膝, 踝)关节
 食指 index finger ['ɪndeks fɪŋgə] 食指
 内踝 inner ankle ['ɪnə æŋkl] 内踝
 大腿内侧 inner thigh ['ɪnə θaɪ] 大腿内侧
 脚内侧 instep ['ɪnstɛp] 脚内侧
 肋间隙 intercostal space ['ɪntə(ɪ)kɒstəl speɪs] 肋间隙
 颌 jaw [dʒə:] 颌
 关节 joint [dʒɔɪnt] 关节
 膝 knee [ni:] 膝
 膝盖 kneecap ['ni:kəp] 膝盖
 指关节 knuckle ['nʌkl] 指关节
 左(右)腰部 left (right) lumbar region [left (raɪt) 'lʌmbə 'rɪ:dʒən] 左(右)腰部
 腿 leg [leg] 腿
 小指 little finger ['lɪtl fɪŋgə] 小指
 腰 loins [ləɪnz] 腰

腰 lower back ['ləʊə bæk] 背脊 [bæk] 腰 [ləʊə]

下肢 lower limb ['ləʊə lɪm] 下肢 [lɪm] 腿 [ləʊə]

中指 middle finger ['mɪdl ɪŋɡə] 中指 [ɪŋɡə] 中指 [mɪdl]

嘴巴 mouth [maʊθ] 嘴 [maʊθ] 嘴 [maʊθ]

后颈 (项) nape of neck [neɪp əv nek] 后颈 [nek] 后颈 [neɪp]

脐 navel ['neɪvl] 脐 [neɪvl] 脐 [neɪvl]

颈 neck [nek] 颈 [nek] 颈 [nek]

鼻 nose [naʊz] 鼻 [naʊz] 鼻 [naʊz]

对侧的 opposite (side) ['əpəzɪt (saɪd)] 对侧 [saɪd] 对侧 [əpəzɪt]

外踝 outer ankle [aʊtə ˈæŋkl] 外踝 [æŋkl] 外踝 [aʊtə]

大腿外侧 outer thigh [aʊtə θaɪ] 大腿 [θaɪ] 大腿 [aʊtə]

右 (左) 肘外侧 outside of right (left) elbow 肘 [elbow] 肘 [outside]

掌 palm [pɑ:m] 掌 [pɑ:m] 掌 [pɑ:m]

肋 rib [rɪb] 肋 [rɪb] 肋 [rɪb]

无名指 ring finger [rɪŋ ɪŋɡə] 无名指 [ɪŋɡə] 无名指 [rɪŋ]

小腿 shank [ʃæŋk] 小腿 [ʃæŋk] 小腿 [ʃæŋk]

肩 shoulder ['ʃəʊldə] 肩 [ʃəʊldə] 肩 [ʃəʊldə]

肩 (肘, 腕) 关节 shoulder (elbow, wrist) joint 关节 [joint] 关节 [elbow]

肩峰 shoulder point ['ʃəʊldə poɪnt] 肩峰 [poɪnt] 肩峰 [ʃəʊldə]

体侧 side of body [saɪd əv bɒdi] 体侧 [bɒdi] 体侧 [saɪd]

软肋 soft rib [sɒft rɪb] 软肋 [rɪb] 软肋 [sɒft]

脚底 sole [səʊl] 脚底 [səʊl] 脚底 [səʊl]

脊柱 spinal column [ˈspɑɪnəl kəlʊm] 脊柱 [kəlʊm] 脊柱 [ˈspɑɪnəl]

脊柱 spine [spain] 脊柱 [spain] 脊柱 [spain]

腹	stomach	[ˈstʌmək]	胃
牙	teeth	[tiːθ]	牙
大腿	thigh	[θaɪ]	大腿
胸	thorax	[ˈθɒrəks]	胸
拇指	thumb	[θʌm]	拇指
舌尖	tip of tongue	[tɪp ɒv tʌŋ]	舌尖
脚趾	toes	[təʊz]	脚趾
舌	tongue	[tʌŋ]	舌
颅顶	top of head	[tɒp ɒv hed]	头顶
躯干	trunk	[trʌŋk]	躯干
脐	umbilicus	[ʌmˈbɪlɪkəs]	脐
上臂	upper-arm	[ˈʌpə-ɑːm]	上臂
上体	upper body	[ˈʌpəˈbɒdi]	上身
上肢	upper limb	[ˈʌpəˈlɪm]	上肢
上体	upper part of body	[ˈʌpə pɑːt ɒvˈbɒdi]	上身
腰	waist	[weɪst]	腰
腕	wrist	[rɪst]	腕

(二) 经络及穴位名称 (Names of Acupuncture Channels and Acupoints)

俞穴	acupuncture points	[ˌækjupʌŋktʃəˈpɔɪnts]	俞穴
经	arterial and vertical channels	[ɑːtəriəl andˈvɜːtɪkəlˈtʃænlz]	经
百会	“baihui”	[ˈbaɪhʊɪ]	百会
长强	“changqiang”	[ˈtʃɑŋtʃɑŋ]	长强
经络	channels	[ˈtʃænlz]	经络

承光 “chengguang” [“chengguang”]
 承浆 “chengjiang” [“chengjiang”]
 尺泽 “chize” [“chize”]
 冲脉 “chong” channel [“chong” ‘tʃənl]
 冲门 “chongmen” [“chongmen”]
 大包 “dabao” [“dabao”]
 带脉 “dai” channel [“dai” ‘tʃənl]
 带脉 “daimai” [“daimai”]
 胆俞 “danshu” [“danshu”]
 丹田 “dantian” [“dantian”]
 大椎 “dazhui” [“dazhui”]
 地仓 “dicang” [“dicang”]
 督脉 “du” channel [“du” ‘tʃənl]
 督俞 “dushu” [“dushu”]
 奇经八脉 eight extraordinary channels

[eit iks/trə:di:nəri ‘tʃənlz]

风池 “fengchi” [“fengchi”]
 风府 “fengfu” [“fengfu”]
 风门 “fengmen” [“fengmen”]
 肝俞 “ganshu” [“ganshu”]
 隔俞 “geshu” [“geshu”]
 关元 “guanyuan” [“guanyuan”]
 合谷 “hegu” [“hegu”]
 华盖 “huagai” [“huagai”]
 环跳 “huantiao” [“huantiao”]
 会阳 “huiyang” [“huiyang”]

会阴	"huiyin" ["huiyin"]	关元
肩井	"jianjing" ["jianjing"]	肩髃
肩髃	"jianliu" ["jianliu"]	曲池
肩外俞	"jianwaisu" ["jianwaisu"]	肘髃
肩中俞	"jianzhongsu" ["jianzhongsu"]	肘髃
肩髃	"jianyu" ["jianyu"]	肘髃
睛明	"jingming" ["jingming"]	睛明
鸠尾	"jiuwei" ["jiuwei"]	鸠尾
脊中	"jizhong" ["jizhong"]	脊中
巨阙	"juque" ["juque"]	巨阙
劳宫	"laogong" ["laogong"]	劳宫
眉冲	"meichong" ["meichong"]	眉冲
命门	"mingmen" ["mingmen"]	命门
脑户	"naohu" ["naohu"]	脑户
内关	"neiguan" ["neiguan"]	内关
脾俞	"pishu" ["pishu"]	脾俞
经络	principal channels ["principal channels"]	经络
气冲	"qichong" ["qichong"]	气冲
气海	"qihai" ["qihai"]	气海
期门	"qimen" ["qimen"]	期门
气穴	"qixue" ["qixue"]	气穴
曲池	"quchi" ["quchi"]	曲池
曲泽	"quze" ["quze"]	曲泽
任脉	"ren" channel ["ren" channel]	任脉
人中	"renzhong" ["renzhong"]	人中
三阴交	"sanyinjiao" ["sanyinjiao"]	三阴交

- 上关 “shangguan” [“shangguan”] 上颌骨
 商丘 “shangqiu” [“shangqiu”] 商丘
 商曲 “shangqu” [“shangqu”] 商曲
 上脘 “shangwan” [“shangwan”] 上脘
 商阳 “shangyang” [“shangyang”] 商阳
 少冲 “shaochong” [“shaochong”] 少冲
 少府 “shaofu” [“shaofu”] 少府
 少商 “shaoshang” [“shaoshang”] 少商
 少泽 “shaoze” [“shaoze”] 少泽
 神门 “shenmen” [“shenmen”] 神门
 肾俞 “shenshu” [“shenshu”] 肾俞
 神庭 “shenting” [“shenting”] 神庭
 身柱 “shenzhu” [“shenzhu”] 身柱
 手三里 “shousanli” [“shousanli”] 手三里
 俞府 “shufu” [“shufu”] 俞府
 络 small and horizontal channels [small and horizontal
 [tʃænlɪ] channels]
 太冲 “taichong” [“taichong”] 太冲
 太溪 “taixi” [“taixi”] 太溪
 太阳 “taiyang” [“taiyang”] 太阳
 太渊 “taiyuan” [“taiyuan”] 太渊
 膻中 “tanzhong” [“tanzhong”] 膻中
 太阳穴 temple [templ] 太阳穴
 带脉 the belt channel [ðə belt, tʃænl] 带脉
 足少阳胆经 the gall bladder channel of foot “shao
 yang” [ðə ɡɑ:l blædə tʃænl əv. fʊt “shao yang”]

"niy 手少阴心经 to the heart channel of hand "shao yin"

[dɔ [hæʔ tʃʌn] ɛv hænd "shao yin"]

"gim 足少阴肾经 to the kidney channel of foot "shao yin"

[[dɔ [kiɛ] ɛv tʃʌn ɔv fʊt "shao yin"] dɔ]

1001 手阳明大肠经 the large intestine channel of hand

ist" tai vɛ "yang ming" [dɔ [hænd] ɛv tʃʌn ɛv hænd

"yang ming"] ["ɛnɛv

足厥阴肝经 the liver channel of foot "jue yin"

[dɔ [liɛ] ɛv tʃʌn ɛv fʊt "jue yin"] dɔ]

手太阳肺经 the lung channel of hand "tai yang"

[dɔ [lɛ] ɛv hænd "tai yin"] dɔ]

阳跷脉 the motility channel of yang 阳跷脉

[dɔ [mou] tiliti [tʃʌn ɛv "yang"] dɔ]

阴跷脉 the motility channel of yin 阴跷脉

[dɔ [mou] tiliti [tʃʌn ɛv "yin"] dɔ]

手厥阴心包经 the pericardium channel of hand "jue

ying" [dɔ [pɛrɪkɑːdɪjɔn] tʃʌn ɛv hænd "jue yin"]

阳维脉 the regulating channel of yang 阳维脉

[dɔ [regjuleitiŋ] tʃʌn ɛv "yang"] dɔ]

阴维脉 the regulating channel of yin 阴维脉

[dɔ [regjuleitiŋ] tʃʌn ɛv "yin"] dɔ]

手少阳三焦经 the "san jiao" channel of hand "shao

yang" [dɔ [san jiao] tʃʌn ɛv hænd "shao yang"]

手太阳小肠经 the small intestine channel of hand

ist" tai yang" [dɔ [smɔːl] ɛv tʃʌn ɛv hænd "tai

yang"] ["ɛnɛv

足太阴脾经 the spleen channel of foot "tai yin"

[dɔː 'spliːn tʃənɪl əv fʊt "tai yin"]

足阳明胃经 the stomach channel of foot "yang ming"

[dɔː 'stʌmək tʃənɪl əv fʊt "yɒŋ mɪŋ"]

足太阳膀胱经 the urinary bladder channel of foot

"tai yang" [dɔː 'juːrɪnəri blædər tʃənɪl əv fʊt "tai

yang"]

足三阳经 three "yang" channels of foot

[θriː "yang" tʃənɪlz əv fʊt]

手三阳经 three "yang" channels of hand

[θriː "yang" tʃənɪlz əv hænd]

足三阴经 three "yin" channels of foot

[θriː "yin" tʃənɪlz əv fʊt]

手三阴经 three "yin" channels of hand

[θriː "yin" tʃənɪlz əv hænd]

天池 "tianchi" ["tiānchí"]

天冲 "tianchong" ["tiānchōng"]

天窗 "tianchuang" ["tiānchuāng"]

天府 "tianfu" ["tiānfǔ"]

天枢 "tianshu" ["tiānshū"]

天突 "tiantu" ["tiāntū"]

天柱 "tianzhu" ["tiānzhu"]

听会 "tinghui" ["tīnghuì"]

通天 "tongtian" ["tōngtiān"]

十二正经 twelve regular channels [twelv 'regjule 'tʃənɪlz]

外关 "waiguan" ["waiguān"]

胃俞	"weishu" ["weishu"]	"weishu" ["weishu"]	胃俞
委阳	"weiyang" ["weiyang"]	"weiyang" ["weiyang"]	委阳
委中	"weizhong" ["weizhong"]	"weizhong" ["weizhong"]	委中
下关	"xianguan" ["xianguan"]	"xianguan" ["xianguan"]	下关
下脘	"xiawan" ["xiawan"]	"xiawan" ["xiawan"]	下脘
心俞	"xinshu" ["xinshu"]	"xinshu" ["xinshu"]	心俞
璇玑	"xuanji" ["xuanji"]	"xuanji" ["xuanji"]	璇玑
血海	"xuehai" ["xuehai"]	"xuehai" ["xuehai"]	血海
哑门	"yamen" ["yamen"]	"yamen" ["yamen"]	哑门
阳跷脉	"yang chiao" channel	"yang chiao" ["tʃæn]	阳跷脉
阳维脉	"yang wei" channel	"yang wei" ["tʃæn]	阳维脉
阳池	"yangchi" ["yangchi"]	"yangchi" ["yangchi"]	阳池
阳谷	"yanggu" ["yanggu"]	"yanggu" ["yanggu"]	阳谷
腰俞	"yaoshu" ["yaoshu"]	"yaoshu" ["yaoshu"]	腰俞
腰眼	"yaoyan" ["yaoyan"]	"yaoyan" ["yaoyan"]	腰眼
阴跷脉	"yin chiao" channel	"yin chiao" ["tʃæn]	阴跷脉
阴维脉	"yin wei" channel	"yin wei" ["tʃæn]	阴维脉
阴谷	"yingu" ["yingu"]	"yingu" ["yingu"]	阴谷
迎香	"yingxing" ["yingxing"]	"yingxing" ["yingxing"]	迎香
阴交	"yinjiao" ["yinjiao"]	"yinjiao" ["yinjiao"]	阴交
印堂	"yintang" ["yintang"]	"yintang" ["yintang"]	印堂
涌泉	"yongquan" ["yongquan"]	"yongquan" ["yongquan"]	涌泉
幽门	"youmen" ["youmen"]	"youmen" ["youmen"]	幽门
云门	"yunmen" ["yunmen"]	"yunmen" ["yunmen"]	云门
鱼际	"yujī" ["yujī"]	"yujī" ["yujī"]	鱼际
玉枕	"yuzhen" ["yuzhen"]	"yuzhen" ["yuzhen"]	玉枕

章门 “zhangmen” [“ʒhɑŋɡmən”] 章门
 中冲 “zhongchong” [“ʒhɔŋ ʧhɔŋɡ”] 中冲
 中府 “zhongfu” [“ʒhɔŋɡfu”] 中府
 中樞 “zhongshu” [“ʒhɔŋɡʃu”] 中樞
 中脘 “zhongwan” [“ʒhɔŋɡwɑŋ”] 中脘
 紫宫 “zigong” [“ʒigɔŋɡ”] 紫宫
 足三里 “zusanli” [“zuʂɑnli”] 足三里

九、其它 (Others)

亚洲武术联合会 Asian “Wushu” Federation [ˈeɪʃən
 “wush” fedaˈreɪʃən] 亚洲武术联合会

拳社 Boxing Society [ˈbɒksɪŋ səˈsaɪəti] 拳社

气功 breathing exercise [ˈbrɪːdɪŋ ˈeksəsaɪz] 气功

刀舞 broadsword dance [ˈbrɔːdsɔːd dɑːns] 刀舞

陈家沟 “Chenjiaguo” Village [ˈtʃenjiaguo ˈvɪlɪdʒ] 陈家沟

中华武术 Chinese “Wushu” [ˈtʃaɪˈniːz ˈwushu”] 中华武术

文化珍宝 culture gem [ˈkʌltʃə ˈdʒem] 文化珍宝

舞练 dance practice [ˈdɑːns ˈpræktɪs] 舞练

二指禅 double-finger hand-stand [ˈdʌbl-ˈfɪŋɡə hænd-stænd] 二指禅

双戟舞 double-halberd dance [ˈdʌbl-ˈhælbə(:)d dɑːns] 双戟舞

鹰爪功 Eagle-Claw Exercise [ˈiːɡl-kloː ˈeksəsaɪz] 鹰爪功

八卦 eight diagrams [eɪt ˈdaɪəɡræmz] 八卦

- 八卦 eight extremities [eɪt ɔːks'tremɪtɪz]
 八卦 eight trigrams [eɪt wʌ'traɪgræmz]
 峨眉山 "Emei" Mountains ['emeɪ 'maʊntɪnz]
 欧洲武术联合会 European "Wushu" Federation
 [jəʊrə'pi(:)ən 'wʊʃuː fə'de'reɪʃən]
 交流会 exchange meeting [ɪks'tʃeɪndʒ 'miːtɪŋ]
 经验交流 exchange of experience [ɪks'tʃeɪndʒ əv
 'ɪks'piəriəns]
 技术交流 exchange of techniques [ɪks'tʃeɪndʒ əv
 tek'nɪks]
 外功 external exercise [eks'tə:nəl 'eksəsaɪz]
 武术领域 field of "Wushu" [fi:ld əv 'wʊʃuː]
 格斗术 fighting arts [faɪtɪŋ ɑ:ts]
 手搏 fistfight ['fɪstfaɪt]
 五行 (金、木、水、火、土) five elements (metal,
 wood, water, fire and earth) [faɪv 'elɪmənts (metl,
 wʊd, wɔ:tə faɪə and ə:θ)]
 功夫 "gong-fu" [ˈɡɒŋ-fuː]
 硬功 hard exercise [hɑ:d 'eksəsaɪz]
 健身 health-building [helθ-bɪldɪŋ]
 主动权 initiative [ɪ'nɪʃɪətɪv]
 内功 inner strength and sensitivity
 ['ɪnə streŋθ ænd sensɪ'tɪvɪtɪ]
 太极拳学院 Institute of "Taijiquan"
 ['ɪnstɪtju:t əv 'taɪdʒɪkwɑːn]
 内功 internal exercise [ɪn'tə:nl 'eksəsaɪz]

国际武术联合会 International "Wushu" Federation

[intə(:)ˈnæʃənəlˈwʊʃuːˈfɛdɪˈreɪʃən] 二八

国际武术组织 International "Wushu" Organization

[ɪntəˈnæʃənəlˈwʊʃuːˈɔːɡənaɪˈzeɪʃən] 二九

铁臂功 Iron-arm Exercise [aɪənmˈɛksəsaɪz]

剑道 ["jiandao"] (sword school) 剑道

["jiandao"] (sɔɪdˈskuːl) 剑道

较棒 "jiaobang" (staff fight) ["jiǎobāng"] (stɔːf faɪt)

角抵 ["jiadi"] exercise ["jiadi"] (eksəsaɪz)

角力 "jiaoli" (trial of strength) ["jiǎoli"] (traɪəl əv

streŋθ) 角力

击剑 ["jijian"] (fencing) ["jijian"] (fɛnsɪŋ)

功夫 "kung-fu" ["kʊŋfʊ"] 功夫

武术家 martial artist [ˈmɑːtʃəlɪst]

武术 martial arts [ˈmɑːtʃəlɜːts]

武术家 martial arts master [ˈmɑːtʃəlɜːts mɑːstə]

流星桩 meteor stake exercises [ˈmiːtjəˈsteɪkˈeksəsaɪz]

民族文化遗产 national cultural heritage

[ˈnæʃənəlˈkʌltʃəˈberɪtɪdʒ]

阴 negative element [ˈneɡətɪvɪˈelɪmənt]

老拳师 old "wushu" master [əldˈwʊʃuː mɑːstə]

起源于... originate from [əˈrɪdʒɪneɪt frəm]

拍打功 Patting to Striking Exercise

[ˈpætɪŋˈtuːstraɪkɪŋˈeksəsaɪz]

业余武术学校 sparetime "wushu" school [ˈspeɪtaɪm

ˈwʊʃuːˈskuːl]

发源地 'place of origin [ˈplɛɪs əv ˈɔrɪdʒɪn]

阳 positive element [ˈpəzətɪv ˈelɪmənt]

武术主席 President of the "Wushu" Association
[ˈprezɪdnt əv ðə ˈwʊʃu ˌəsoʊsɪˈeɪʃən]

民间武术组织 public "wushu" organisation
[ˈpʌblɪk ˈwʊʃu ˌɔ:ɡnaɪˈzeɪʃən]

拳师 pugilist [ˈpju:dʒɪlɪst]

气功 "Qi-Gong" ["qi-gong"]

拍打功 Self-Hitting Exercise [self-ˈhɪtɪŋ ˈeksəsaɪz]

少林寺 "Shaolin" Monastery ["shaolin" ˈmənəstəri]

少林寺 "Shaolin" Temple ["shaolin" ˈtempl]

盾牌刀舞 shield and broadsword dance
[ʃɪld and brɔ:dsɔ:d dɑ:ns]

短小精悍 short and vigorous (set moves)
[ɔ:t and vɪɡərəs (set mʊ:vz)]

手搏 "shoubo" (sparring) ["shoubo" (spɑ:riŋ)]

朴实无华 simple and unadorned [sɪmple and
ʌnəˈdɔ:nd]

一指禅 single-finger hand-stand [ˈsɪŋɡl-ˈfɪŋɡə hænd-
stænd]

风格独特 specific style [spɪˈsɪfɪk staɪl]

软功 soft exercise [sɒft ˈeksəsaɪz]

嵩山 "Songshan" Mountains ["songshan" ˈmaʊntɪnz]

南拳北腿 southern-style boxing emphasizes fist techniques while northern-style emphasizes leg techniques
[ˈsʌðən-staɪl bɒksɪŋ ˈemfəsaɪzɪz fɪst tekˈni:ks hwaɪl]

'nə:ðən-staɪl /emfəsaɪzɪz leg tek'ni:kʃ]

使棒 staff fight [sta:f faɪt]

桩功 stake exercise [steɪk 'eksəsaɪz]

桩功 stance exercise [steɪns 'eksəsaɪz]

相扑 sumo ['su:mou]

剑舞 sword-dance [sɔ:d-dɑ:ns]

太极 "taiji" ["taiji"]

太极拳学院 "Taijiquan" Academy ["taijiquan"

ə'kædəmi]

尚武精神 the martial spirit [ðə 'mɑ:ʃəl'spirit]

攻防术 the art of offence and defence

[ði:ɑ:t əv ə'fens and di'fens]

武术工作者 those with careers in the field of "wushu"

[ðəʊz wið kə'riəz in ðə fi:ld əv "wushu"]

训练馆 training hall ['treɪnɪŋ hɔ:l]

训练房 training room ['treɪnɪŋ ru:m]

武舞(持械舞) weapons dance ['wepənz dɑ:ns]

武术界 world of "wushu" [wɜ:ld əv "wushu"]

角抵, 摔跤 wrestling ['reslɪŋ]

武术 "wushu" ["wushu"]

武术学院 "Wushu" Academy ["wushu" ə'kædəmi]

武术协会 "Wushu" Association ["wushu"

ə'səʊsi'eɪʃən]

武术课 "wushu" class ["wushu" kla:s]

武术辅导站 "Wushu" Coaching Center ["wushu"

'kəʊtʃɪŋ sentə]

武术团体 “wushu” community [“wushu” kə'mju:niti]

武术课 “wushu” course [“wushu” kə:s]

武术代表团 “Wushu” delegation [“wushu” ,deli'geiʃən]

武术系 “Wushu” department [“wushu” di'pɑ:tment]

武术行家 “Wushu” expert [“wushu” 'ekspə:t]

武术联合会 “Wushu” Federation [“wushu”
fedə 'reiʃən]

武术影片 “Wushu” film [“wushu” film]

武术家 “Wushu” master [“wushu” 'mɑ:tsə]

武当山 “Wudang” Mountains [“wudang” 'mauntinz]

武术组织 “Wushu” Organization [“wushu” ,ə.ɡənai-
'zeiʃən]

武术研究会 “Wushu” Research Committee
[“wushu” ri'sə:tʃ kə'miti]

武术研究院 “Wushu” Research Institute
[“wushu” ri'sə:tʃ 'institju:t]

武术社 “Wushu” Society [“wushu” sə'saiəti]

武术家 “Wushu” specialist [“wushu” 'speʃəlist]

武术(代表)队 “Wushu” team [“wushu” ti:m]

武术界 “Wushu” world [“wushu” wə:ld]

相扑 “xiangpu” (the equivalent of modern sumo)
[“xiangpu” (ði: i'kwivələnt əv 'mɔ:dən 'su:mou)]

阴阳 “yin” and “yang” [“yin” and “yang”]

英汉汉英武术常用词汇

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